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ABSTRACT

Intended for use by food service personnel and management, dietitians, college teachers, students, and researchers, this catalog lists a wide variety of instructional resource materials in the areas of nutrition, health education, cooking, and food services management. The main sections of the catalog are: (1) bibliography--a complete citation of the author, title, source, date of release, descriptor terms, and informative synopsis of the contents; (2) subject index--a listing according to descriptor terms; (3) personal author index; (4) corporate author index; and (5) title index. As a supplement to the main catalog, the bibliography and the indexes of this volume list only the entries indexed from January to June 1975. (EMH)

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# CATALOG

## SUPPLEMENT 3

JANUARY - JUNE 1975
ACCESSION NOS.: 1-75 to 1113-75.

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February 1976

## The Center's Scope

The Food and Nutrition Information and Educational Materials Center (FNIC) is designed to disseminate information on School Food Service training. FNIC was developed cooperatively by the National Agricultural Library and the Food and Nutrition Service of the U. S. Department of Agriculture.

The Center assembles and maintains a collection of materials useful in training personnel for food management of Child Nutrition Programs including School Lunch, Breakfast, and other nonschool food service programs.

In addition, through the FNIC, users have access to the total resources of the National Agricultural Library (NAL).

FNIC collects literature related to food service and nutrition. These materials include books, journal articles, pamphlets, government documents, special reports, proceedings, bibliographies, etc. In addition, FNIC maintains a collection of nonprint media in the form of films, filmstrips, slides, games, charts, audiotapes, and video cassettes.

Documents, articles, and audiovisual aids of substantial interest to the school food service and nutrition education community are selected for inclusion into the Catalog. To further aid the user in selecting materials of interest, each document selected for inclusion in this catalog has been indexed using a specialized vocabulary specifically developed for this collection. An informative abstract, extract, or annotation is also included. Documents located in the NAL collection are designated "Available from NAL."

Supplement 3 to the Catalog contains a listing of materials processed by the Center from January 1, 1975 to June 30, 1975. Additional supplementary catalogs will be issued as warranted by the number of acquisitions processed for the collection in subsequent periods.

Comments and suggestions about the content of these Catalogs should be addressed to:

Head, Food and Nutrition Information and
Educational Materials Center, Room 304
National Agricultural Library
Beltsville, Maryland 20705

## AVAILABILITY OF REFERENCES CITED

The Food and Nutrition Information and Educational Materials Center accepts requests for materials by mail, telephone, and personal on-site visits.

Loans: The FNIC lends most print materials for a period of 1 month. Nonprint media (i.e., films, transparencies, etc.) can be loaned for 2 weeks only. No more than three (3) nonprint media can be loaned at any one time to one person. Films will be scheduled no more than 1 month in advance.

Journals and other noncirculating materials are available in the Center for on-site use by other persons working or visiting in the Washington metropolitan area who are qualified researchers or students from the general public.

Photoduplication: The Center reserves the right to provide photocopy of journal articles or reprints in lieu of loan of the journals which are requested outside the Washington area. Inasmuch as only one copy of journals, magazines, and other serial publications is purchased and shelved by the Center, direct loan is not feasible. No more than six (6) journal articles will be photocopied at any one time for one person.

When ordering materials listed in the Catalog please include the following information: Accession Number (i.e., 157-75); Title, and FNIC Call Number (i.e., TX655.U5 F&N). (See page viii for sample entry.)

The FNIC primarily lends materials to the following groups:

1. Employees of the Food and Nutrition Service, USDA
2. State School Food Service Directors and Staff
3. School Food Service Personnel involved in local training programs
4. Colleges and universities offering courses applicable to school food service training
5. Professional societies and research institutions involved in food service and related subject areas
6. Selected libraries with which FNIC shares reciprocal arrangements.

Please address all requests for photocopy to

The Food and Nutrition Information and
Educational Materials Center
National Agricultural Library
Room 304
Beltsville, Maryland 20705

**Free** Distribution: Most of the printed publications of the Department of Agriculture, and publications issued by the State Experiment Stations and the State Agricultural Extension Services, may be obtained free of charge by applying directly to the issuing agency. The FNIC does not distribute them.

## ORGANIZATION AND RETRIEVAL

The food service and nutrition profession represents a diverse audience--the State School Food Service Administrator, the District Supervisor or Manager, the Individual school food service personnel, the dietitian, the college teacher, the student or researcher. The Food and Nutrition Information and Educational Materials Center (FNIC) Catalog has been organized to serve the information needs of this audience.

The main sections of the FNIC Catalog are:

1. Bibliography: The bibliography is composed of bibliographic citations of the materials acquired by FNIC prior to the publication of this Catalog. Each citation includes an accession number (i.e., 237-75). Following the accession number is the title; author; publisher and place or an abbreviated journal title; volume, issue, and inclusive pagination; series number, when appropriate; date of publication; and FNIC's call number. Descriptor terms indicate the subject matter included in the article. An informative abstract or annotation follows each citation.

2. Subject Index: Descriptor terms appear in an alphabetical index followed by title arranged numerically by accession number.

3. Personal Author Index: Names of all personal authors are arranged alphabetically, followed by accession numbers of pertinent citations.

4. Corporate Author Index: Names of all corporate authors are arranged alphabetically, followed by accession numbers of citations.

5. Title Index: Titles of all citations appear in alphabetical order followed by the accession number.

6. Media Index: Titles of all audiovisuals are grouped by type of media such as motion pictures, film loops, transparencies, etc.

Format

The Catalog is arranged so that the user may focus his attention on that area in the field of food service and nutrition education which is of interest to him. This is possible by the grouping of documents and articles into broad subject categories within the bibliography.

The categories used in this Catalog include:

Consumer Education

Consumer Economics, Consumer Protection, Open Dating of Food

Nutritional Science and Nutrition Education

Diets, Food Analysis, Food Habits, Food Science, General Works on Nutrition Education, Health, Malnutrition, Nutrition Related Diseases or Disorders, Nutritional Surveys

History

Food Problems, General Works on Foods and the Food Service Industry, Historical Works Tracing the History of Food Programs

Food Standards and Legislation

Food Grades, Food and Nutrition Related Legislation, Food Standards, Labeling, Laws, Food Policy

Management and Administration

Administration, Computer Applications, Contracts, Financial Management, Food Preference Surveys, Food Service Management, Personnel Management, Public Relations

Education and Training

Adult Education, Use of Audiovisual Aids, Career Education, Curriculum, Educational Planning, Educational Programs, Inservice Education, Personnel Training, Teaching Techniques, Vocational Education, Vocational Guidance, Child Development

Menu Planning

Automated Menu Planning, Cycle Menu, Meal Management, Menu Design

Food Preparation and Production

Food Delivery Systems, Merchandising, Quantity Food Preparation, Weights and Measures

Equipment

Cleaning Equipment, Cooking Equipment, Equipment Standards, Equipment Storage, Facilities Planning and Design, Waste Disposal Equipment

Sanitation and Safety

Accident Prevention, Equipment Sanitation, Food Sanitation, Foodborne Illnesses, Hygiene, Pest Control, Safety

Food Technology

Food Packaging, Food Processing, Food Preservation, New Products

Programs-General

Child Nutrition Programs, Federal Programs, Food Programs, International, National, State, and Local Programs

Recipes

The Art of Cooking, Cookery Native to a Specific Country or Locale, Recipes

Reference Materials

Dictionaries, Directories, Food Composition Tables, Information Science, Statistical Data

Purchasing, Receiving and Storage

Care and Handling of Food, Food Delivery, Food Selection, Food Storage, Purchasing of Food and Equipment

## Retrieval

This Catalog provides the user with several access points to the FNIC Collection. The broad subject categories group citations within designated areas of interest.

When trying to locate a particular document by a specified author, title, or on a specific subject, use the indices at the back of the catalog. These indices will aid in locating relevant documents in the main bibliography section of the Catalog.

## Computer Retrieval

The FNIC data base has been included in the National Agricultural Library's sale magnetic tape. Therefore it is possible to search the FNIC data base by using a computer on-line interactive system. This type of bibliographic searching is currently available through the Lockheed "DIALOG" System and System Development Corporation's on-line bibliographic search service.

Further information on the Lockheed "DIALOG" System is available from Lockheed representatives, Dr. Roger K. Summit, Department 52-08, Building 201, Lockheed Palo Alto Research Laboratory, 3251 Hanover Street, Palo Alto, California 94303, Phone: (415) 493-4411, extension 45034 and Mr. Robert Donati, 405 Lexington Avenue, New York, N. Y., 10017, Phone: (212) 697-7171.

Additional information on the System Development Corporation is available from (West Coast) Ms. Judy Wanger, SDC, 2500 Colorado Avenue, Santa Monica, California 90406, Phone: (213) 393-7277 and (East Coast) Ms. Linda Reuben, SDC, 5827 Columbia Pike, Falls Church, Virginia 22041, Phone: (703) 820-2220.

SAMPLE CITATIONS

Book Citation

Accession Number — 847-75

Title — FACTS EVERY COOK SHOULD KNOW

Corporate Author / Place of Publication — Kansas, State Dept. of Ed., School Food Services Section, Topeka, Kansas

Pagination, Date — 24 p 1975

FNIC Call number — TX 355.F39 F&N

Descriptor Terms — Cooking equipment (Large), Cooks, Food preparation, Manuals, Menu planning, Safety, Sanitation, School food service, Work simplification.

Informative Abstract — Abstract: Various sections of this manual deal with menu planning, standardized recipes, terminology, and measurements. Hints on food preparation and work simplification are supplied. A detailed list of cooking equipment covers selection, safety guides, and cleaning procedures.

Journal Article Citation

Accession Number — 991-75

Title — PROJECT SMILE SELLS LUNCH AT CARROLLTON

Personal Author — Christina McGovern

Journal Title Abbreviation — Food Nutr 5 (1): 13-15. Feb 1975.

Vol., Issue, Inclusive Pagination, Date

Call Number — aTX341.F615

Descriptor Terms — Food habits, Georgia, High Schools, Nutrition education, School food service, School lunch, Student involvement, Student participation.

Informative Abstract — Abstract: Up-grading of the cafeteria, food preparation and serving, and innovations in menus have caused student participation to soar at Carrollton High School in Georgia. Students help by developing gourmet menus.

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Note: Mention of a company name or a proprietary product does not necessarily imply endorsement by the U.S. Department of Agriculture, National Agricultural Library, Food and Nutrition Information and Educational Materials Center

# BIBLIOGRAPHY

## CONSUMER EDUCATION

1-75
EAT WELL--SPEND LESS. (SPA)
Arizona, Dept of Health
Phoenix, Ariz. unp. [n d.]
TX356.A7 P58
Consumer education, Cost effectiveness, Food purchasing, Food selection, Money management
Abstract: For the best money value in food, buy: (1) dried or evaporated milk; (2) ground meat, eggs, organ meats, and dried peas or beans; (3) fresh fruit in season and frozen or canned fruit out of season; and (4) buy enriched flour, breads, and cereals.

2-75
BEHIND FDA'S REGULATIONS.
FDA Consumer 8 (9): 10-17, Nov 1974
HD9000.9.U5A1
Consumer education, Food and Drug Administration, Food standards, Food standards and legislation, Laws
Abstract: In this interview the FDA's General Counsel discusses the laws enforced by the FDA, what new legislation is required, how he perceives his and others' influence over FDA decision-making, and the future he sees for food and drug laws. Other points include the distinction between a law and regulation, public's role in regulation formation, industry-wide regulatory approach, the "openness" of the agency and its relationship to the public, industry and congress. Those concerned with the workings of this agency and who are affected by its regulations should be aware of this resource.

3-75
BREAKFAST CEREALS IN TODAY'S LIFESTYLES (FILMSTRIP/RECORD).
Cereal Institute
Chicago, Cereal Institute 1 filmstrip, 40 fr., sd, 35mm, col., 1 record: 33 1/3 rpm, Nay 1974
TX733.B74 F58 AV
Breakfast cereals, Consumer education, Grain products.
Abstract: This filmstrip explains the contributions cereal makes to today's diet in terms of convenience and nutritional quality, and answers various consumer questions on production, packaging, nutrition labeling, and cost. The nutritional quality of cereals discussed included information on vitamin fortification, fat and cholesterol content, and the relationship of nutrient contribution to caloric contribution. Presweetened cereals in the diet and their effect on nutrition and dental health is also discussed. This filmstrip could be helpful in nutrition education programs in discussing this group of foods with upper intermediate level and older students as well as with consumer groups.

4-75
LET'S GO TO A SUPERMARKET.
Victoria L Chaneau
New York, G.P. Putnam's Sons 47 p., illus. 1971.
TX356.C82 P58
Children stories, Educational resources, Food stores, Instructional materials, Supplementary textbooks.
Abstract: This book tells the story of two children shopping at a supermarket for a class party. In their attempt to purchase the needed supplies within their budget, they discover several factors important to wise food shopping. These include the making of a shopping list, use of unit pricing, label reading, role of convenience foods, open dating of foods, sale items, seasonal foods etc. Behind the scenes activity in a market is also depicted, particularly in the meat and produce departments. Third and fourth graders and their teachers would find this book of particular interest.

5-75
THE CONSUMER AND HIS HEALTH DOLLAR.
Albany, NY, New York State Education Dept. 79 p. illus. 1972.
TX335.C62 P58 (Consumer education)
Adolescents (12-19 years), Basic nutrition facts, Consumer economics, Dental health, Dietary supplements, Drugs, Health insurance, Nursing, Public health.
Abstract: One of a series in expanded programs of consumer education, this booklet is designed for use in high schools, but could be read profitably by the individual adult. The health problems covered include, as questions, how to choose a doctor, dentist, hospital or nursing home, buying health insurance, food additives, over-the-counter drugs, and other related points. The course is taught by answers to the specific questions, suggested pupil and teacher activities, and reading or other reference to authoritative sources. The section on nutrition includes extent and causes of malnutrition in this country, balanced diets, food fads, and diet supplements.

6-75
CONSUMER SPENDING HABITS; PART 2: LUNCH.
Food Serv 37 (2): 52-56, Feb 1975.
389.2538 F732
Consumer economics, Expenditures, Food cost, Lunch, Restaurants.
Extract: Three out of every four people questioned in a November '74 Gallup Survey indicated that they eat lunch away from home. Survey results also show that the most common lunch tab per person runs between $1.50 and $1.99. Interestingly, this national median price range remains the same in all regions of the country, among all age and occupational groups, in all income brackets and in large cities as well as small communities.

7-75
CONSUMER SPENDING HABITS; PART 3: BREAKFAST
Food Serv 37 (3): 42-45 Mar 1975.
389.2538 F732
Breakfast, Consumer economics, Consumers, Economic influences, Profit, Restaurants
Extract: According to a November 1974 Gallup Survey, the national median price range for breakfast eaten away from home is $1.50 to $1.99. Only seven percent of survey respondents indicated that they pay an average breakfast tab of less than $.99, and only slightly more than one percent pay more than $3.00.

8-75
CONSUMER SPENDING HABITS; PART 4: AN OVERVIEW
Food Serv Mark 37 (4): 40-43, 46. Apr 1975.
389.2538 F732
Consumer economics, Food cost, Restaurants.
Abstract: An analysis of surveys on how much is being spent on food away from home is presented. Comparisons for the three main meals for 1968 and 1974 are included.

9-75
CONVENIENCE AND THE COST OF PLATE DINNERS AND SKILLET HASH DISHES.
Cynthia Cornwell, Dianne Odland
Fam Econ Rev p. 10-13 Summer 1974.
TX326.F3 P58
Consumer economics, Consumer education, Consumers, Convenience foods, Merchandise information.
Abstract: This article compares the cost and time expenditure of convenience foods and their home prepared counterparts. The cost for frozen plate dinners was higher than their home prepared counterpart but the time saved was substantial. On the other hand, the skillet mixes did not save much time but some were actually less expensive than their counterparts. Various factors were involved in comparing cost of the skillet mixes such as total amount of food prepared, cost per serving as specified on package or recipe, and cost per mixture with two ounces of cooked beef the cost for the prepared frozen dinners and their counterparts were based on comparable amounts of meat, potatoes, and a second vegetable. This information may be of interest to nutrition educators working with consumer groups as well as to food service personnel.

10-75
ADDRESS ON CHILDREN'S TELEVISION ADVERTISING
Lewis A Engman
Washington, Federal Trade Commission 3 p. June 3, 1974
HQ784.T485 P58
Advertising, Children, Federal Trade Commission, Mass media, Television.
Address by chairman of the Federal Trade Commission before the 1974 annual convention of the American Advertising Federation, Washington, D.C.
Abstract: In this address, the speaker discusses background information on the possibilities and limitations of the voluntary approach to regulation of children's television advertising. He strongly supports protecting children from their own vulnerability and deems advertising directed to children which exploits their known anxieties or capitalizes upon their propensity to confuse reality and fantasy. He outlines practices not adequately circumscribed by existing codes and supports necessary action to change this situation. Those involved with education of children will find the thoughts and suggestions for action found in this address of interest.

11-75
THE CONSUMER: AN INCREASING FORCE IN FOOD SERVICE.
Charles F Rehbach
The Society for the Advancement of Food Service Research
West Lafayette, Indiana 93 p. May 1973.
TX357.S6 1973 P58
Consumer economics, Consumer education, Consumer protection, Consumers, Food service industry.
Proceedings of the 20th Conference.
Extract: The food service industry provides a natural and logical target for consumer activists, since eating is such a necessary and major part of life. That it has not already felt the full force of consumerism probably is a result of

—.—

P58 1

11-75

the fact that larger and more attractive targets have held the attention of consumer spokesmen. In the logical course of events, the forces of consumerism are likely to turn to the food service industry. Here and there, signs of a concern with prices, quality, service, and other aspects of food service forecast the potential that exists. Some spokesmen for consumer action say that food service is high on the priority list of targets.

12-75
THE MEAT BOOK; A CONSUMER'S GUIDE TO SELECTING, BUYING, CUTTING, STORING, FREEZING, AND CARVING THE VARIOUS CUTS.
Frances Duncure Evans, David Greene
New York, Charles Scribner's Sons 340 p., illus. 1973.
TX373.E9 F58
Beef, Consumer education, Lamb, Meat, Meat cuts, Meat products, Organ meats, Veal.
Abstract: Consumers are offered extensive guides to the selection and handling of beef, pork, lamb, veal, and variety meats. Black and white sketches identify wholesale and retail cuts and illustrate the authors' preparation techniques. A meat calorie chart and illustrated glossaries of retail cuts and meat cookery terms follow detailed sections on buying, trimming, cooking, serving and preserving.

13-75
FOOD: MORE FOR YOUR MONEY (MOTION PICTURE).
Los Angeles, Alfred Higgins Productions 1 reel, 16mm, sd, col, 19 min. [n.d.].
TX356.F67 F58 AV
Adolescents (12-19 years), Consumer economics, Food economics, Food prices, Food purchasing, Food selection.
With study guide.
Abstract: This film, designed for the junior high - adult audience, offers several suggestions for getting the most nutrition for the food dollar. The major portion of the film takes place in a supermarket where specific examples of comparing and evaluating food items for nutritional quality and economy are presented. Tips on formulating a shopping list, convenience foods, meat purchasing, nutrition labeling, brand items and unit pricing are offered. Nutrition educators working with appropriate audiences may find this film helpful in teaching proper shopping techniques.

14-75
BUY AND BUY.
Barbara Fry, Judith Needham
Ithaca, Cornell University 20 p. 1970.
TX393.F7 F58
Child development, Children, Nutrition education, School children (6-11 years), Value system.
Abstract: Buy and buy focuses on a practical aspect of nutrition - consumer education - and is based on value clarification. The material is designed for use by the teacher, school nurse or health educator with 9 to 13 year old children. Ten activity units cover a breadth of learning experiences about food, and are all geared toward the child becoming an intelligent consumer. The experiences include individualized classroom or group projects, field trips and discovery learning.

15-75
SATISFIED? CONSUMERS RATE THE FOOD INDUSTRY.
Charles R Handy
Natl Food Situation P. 33-35. Nov 1974.
1.941 S2F73
Consumer attitude, Consumer satisfaction, Food industry, Food prices, Surveys.
Extract: A March, 1974 survey shows that in general customers surprisingly were satisfied with food products and food stores, but each less satisfied with product and shopping information, and price.

16-75
IT PAYS TO MIX YOUR OWN SOYBURGER.
CSU Weekly Rep 8 (43): 3. Oct 31, 1974.
TX341.C6 F58
Ground beef, Hamburgers, Meat, Meat alternates, Meat products, Soybean products.
Abstract: This brief article emphasizes the advantages of home-mixed soyburgers in terms of money saved and lowered fat content. Tests used to determine fat content of various mixtures and to measure how much fat remains after specific intervals of cooking time are described. Drawbacks to home mixing are also noted, those being the higher salt content and softer texture of the home-mixed soyburger. Nutritionists and related professionals should be aware of this information.

17-75
CUT FOOD COSTS (SLIDES).
Ruth Klein, Joan Hahn
Ithaca, Cornell University 22 slides, 2"x2", col. 1974.
TX356.C6 F58
Consumer economics, Consumer education, Food cost, Food economics, Food prices, Food purchasing, Money management.
With teacher's guide.
Abstract: This slide program stresses comparison shopping to save money on groceries, and suggests several actual methods include comparing cost per serving and cost per unit, the fresh and processed forms of food, different brands, convenience foods, specials, different stores, the food quality needed for specific uses, and the nutritional quality of snack items. The narrative accompanying these slides contains blank spaces so that local prices may be used. No prices are used on the slides. Each slide contains a key phrase to emphasize the message promoted. The leaflet "Cut food costs when you shop" could accompany the presentation as a follow-up piece. The program is designed for use with consumers or consumer group leaders.

18-75
LABEL LOGIC (MOTION PICTURE).
Hollywood, AIMS Instructional Media Services 1 reel, 16mm, sd, col, 18 min. [n.d.].
TS196.6.L3 F58 AV
Drugs, Food and Drug Administration, Food packaging, Food purchasing, Labeling, Packaging.
With study guide.
Abstract: How to read and why read labels is the subject of this film. The components of a label are explained, voluntary and mandatory information is distinguished, and the viewer is shown how labeling reflects various quality control organizations. About one-half of the film concentrates on food labels, the rest on drugs and household products. The current nutrition labeling requirements are not discussed. This film could be used with consumer education programs.

19-75
FOOD EXPENDITURES OF FAMILIES, 1972-73 (MAY 1975).
Corinne Le Bovit
Natl Food Situation P. 36-37. May 1975.
1.941 S2F73
Consumer economics, Food economics, Surveys.
Extract: Results of a survey show that the average family food bill in 1972-73 was $30.32 per week. Over one-fourth of the total was spent eating out. About one-third of the home food dollar was spent on meat, poultry, and fish--nearly half of this going for beef.

20-75
LIBBY'S SHOP AND SERVE GUIDES TO CANNED AND FROZEN FOODS (K-IT).
Libby, McNeill & Libby, Home Economics Department
Chicago, Illinois Var. charts, tables, guides. 1974.
TX552.L5 F58
Canned foods, Desserts, Food purchasing, Frozen foods, Fruit juices, Fruits, Meat, Seafood, Vegetables.
With teaching guide.
Abstract: Contained in this kit are booklets, tables, and guides to salads, canned meats and seafoods, canned and frozen vegetables, juices and drinks, canned and frozen fruits, and desserts, each with nutrition information. A teaching guide is included.

21-75
THE GREAT SHIFT IN CONSUMER FOOD BUYING PATTERNS
San Martin
Quick Frozen Foods 37 (8): 18. Mar 1975.
389.8 Q8
Consumer economics, Consumers, Food habits, Food prices, Food purchasing.
Extract: The consumer is doing a balancing act with price, nutrition, flavor and convenience in order to keep to a budget. Wages have not gone up in any real sense in the past year, and inflation has cut our standard of living no matter what we pretend. One of the oldest and cheapest methods of selling foods will come into its own again, which is simply telling the consumer how to prepare any given product in a number of ways which will make it go farther.

22-75
TOCK: STRENGTHENING CONSUMER EDUCATION.
Charlotte McCall
Ill Teacher 18 (2): 66-71. Nov/Dec 1974.
LB1025.I8 F58
Consumer education, Consumer protection, Consumer science, Consumers, Home economics, Screening tests, Tests.
Abstract: With the need for teachers to focus more directly on a wider range of consumer concepts in curriculum and course offerings, this article offers a method for beginning such an effort: a pre-test to be used in determining what a student already knows so that a basis for beginning study can be established. TOCK (Test of Consumer Knowledge) consists of 84 true/false statements which also call for a determination of the degree of certainty that the true/false selection was made. Concepts cover the consumer as an individual, as a member of society, his/her alternatives in the market place and his/her rights and responsibilities.

23-75
SHOPPING FOR FOOD. (SPA)
New York (City), Dept. of Health, Bureau of Nutrition
New York, N.Y. unp. Sept 1968.
TX356.S42 F58
Cost effectiveness, Diet information, Food purchasing, Food selection, Money management.
Title of Original: Comprando alimentos.
Abstract: Wise shoppers learn to buy the most nutritious foods, select foods from the Basic Four groups, and stretch their food dollars while doing so. One should watch for food sales and listen to nutrition programs on radio or TV. In the store, it is best to buy food by the pound and select only those fresh foods that are in season.

NUTRITION IN THE HOME (FILMSTRIP/CASSETTE TAPE).
Bettie B Rich
Gilman Hot Springs, Calif., Mt. San Jacinto College 1 filmstrip, 50 fr., sd, 35m., col., 1 cassette tape: 20 min. 1973.
TX364.R528 F&N AV
Consumer education, Food preparation, Home, Food purchasing, Food storage, Meal planning.
Abstract: This unit tells "Mrs. Homemaker" how she can insure good family nutrition. Tips are given for meal planning, food shopping, food storage, food preparation and service to encourage economical and satisfying use of food. The actual foods to select are not overly emphasized. This unit could be used as a supportive resource for consumer groups.

25-75
THE AMERICAN FOOD SCANDAL: WHY YOU CAN'T EA, WELL OR WHAT YOU EARN
William Robbins
New York, William Morrow and Co. 280 p. 1973.
HD9006.R6 F&N
Consumer education, Consumers, Food economics and consumption, Food industry, Food standards and legislation, Foods, Government role.
Abstract: Written for the consumer, this book attempts to explain how government and the food industry work together to mislead and beguile the general public, and how the food industry effectively works on its own without government assistance. Included are revelations on how the supermarket takes advantage of the consumer, health hazards associated with processed foods, effects of political payoffs and government myopia, the politics of food etc. Nutritionists and other food professionals may find this resource a helpful introduction to this situation.

26-75
FOOD FOR YOUR FAMILY--THE CHOICE IS YOURS!
Rutgers, the State University, College of Agriculture and Environmental Science
New Brunswick, N.J. 17 p. [n.d.].
TX356.R8 F&N
Consumer education, Cost effectiveness, Diet information, Family nutrition, Food purchasing, Food selection, Food stamp programs, Meal planning, Money management.
Leaflet 647.
Abstract: How much food a family needs depends on the number of people, their ages and sizes, and the work they do. This booklet, written specifically for Puerto Rican Americans, explains how to get the best nutritional value from the family's food money.

27-75
IDEAS ON HOW TO EAT WELL AND SAVE MONEY. (SPA)
San Francisco Health Department, Bureau of Adult Health
San Francisco, Calif. unp. [n.d.].
TX356.S2 F&N
Budgeting, Consumer education, Cost effectiveness, Food purchasing, Food selection, Money management.
Title of Original: Ideas de como comer bien cuidado los centavos.
Abstract: Here are some helpful tips on economical food buys with suggestions for a food spending plan.

28-75
FOOD MARKETING LEAFLETS. (SPA)
D Sanchez, J Pakel
Cornell University, Cooperative Extension Service, Dept. of Human Nutrition and Food
Ithaca, N.Y. set of 6 leaflets printed front and back. Nov 20, 1969.
TX356.P3 F&N
Consumer education, Cost effectiveness, Food prices, Food purchasing, Food selection.
With accompanying teacher's guide.
Abstract: These little leaflets provide basic information on (1) where to shop--supermarket or local store, (2) food specials and sales, (3) how much to buy, (4) comparing prices, (5) name brands versus store brands, and (6) shopping lists.

29-75
CONSUMER OPINIONS ABOUT PORK.
Michael F Stiles, Linda J Kennayk, Sheila C McFadyen
Can Home Econ J 25 (1): 22-29. Jan 1975.
321.9 C162
Consumer education, Food habits, Food safety, Pork, Surveys.
Extract: Results of surveys indicated that pork was an acceptable meat for most consumers. Despite the apparent acceptance of pork, unfavorable opinions, such as long cooking time, poor keeping quality and digestibility, and high waste, could be important factors limiting actual use in the home.

30-75
CHEMICALS, THE CONSUMER AND CREDIBILITY.
L B Tepper
Food Cosmet Toxicol 12: 237-241. 1974.
391.8 F73
Additives and adulterants, Consumer education, Food additives, Food adulterants, Food contaminants.
Abstract: This article, of particular interest to food industry personnel and nutrition educators, discusses the use of chemicals in food technology and emphasizes the need for the attributes of these chemicals to be accurately appraised and fairly presented to the consumer. Trends contributing to the increased use of food chemicals are listed as well as factors contributing to an increased consumer awareness of this use. The article calls for a nutrition education effort by the industry to explain the use of food chemicals as well as a positive approach to the use of such chemicals in food advertising. New products should be of high quality containing additives or incorporating technologies that are proven safe. A rational interpretation of the significance of residues and contaminants is also called for.

31-75
HOW TO BUY BEEF ROASTS.
U.S., Agricultural Marketing Service
Washington, D.C. 16 p. Jan 1968.
TX556.B8862 F&N (U.S. Agricultural Marketing Service. Home and garden bulletin no. 146)
Beef, Consumer education, Food purchasing, Food quality, Food selection, Meat cuts, Meat grades.
Also available in Spanish.
Abstract: Grading of beef and inspection for wholesomeness are explained, and variations in quality are described. Grading marks are shown. Various cuts of beef are depicted along with their characteristics. A beef cut chart is included

32-75
HOW TO BUY CANNED AND FROZEN VEGETABLES. (SPA)
U.S., Agricultural Marketing Service
Washington, D.C. 24 p. Sept 1972.
TX557.B62 F&N (U.S. Agricultural Marketing Service. Home and garden bulletin no. 167-s)
Canned foods, Consumer education, Food grades, Food purchasing, Food quality, Food selection, Food storage, Frozen foods, Vegetables.
Title of Original: Como comprar hortalizas enlatadas y congeladas. Also available in English.
Extract: All canned and frozen vegetables are wholesome and nutritious, but they can differ in quality--the difference in taste, texture, and appearance of the vegetable, and its price, too. If you've been selecting canned or frozen vegetables by habit, or can't tell which can or package would be best for the use you have in mind, here's some information that can help you make a wise choice.

33-75
HOW TO BUY BEEF ROASTS. (SPA)
U.S., Agricultural Marketing Service
Washington, D.C. 16 p. Nov 1972.
TX556.B8862 F&N (U.S. Agricultural Marketing Service. Home and garden bulletin no. 146-s)
Beef, Consumer education, Food purchasing, Food quality, Food selection, Meat cuts, Meat grades.
Title of Original: Como comprar los asados de carne de vaca. Also available in English.
Abstract: Grading of beef and inspection for wholesomeness are explained, and variations in quality are described. Grading marks are shown. Various cuts of beef are depicted along with their characteristics. A beef cut chart is included.

34-75
HOW TO BUY POULTRY. (SPA)
U.S., Agricultural Marketing Service
Washington, D.C. unp. Dec 1972.
TX375.C6 F&N (U.S. Agricultural Marketing Service. Home and garden bulletin no. 157-s)
Consumer education, Food grades, Food purchasing, Food quality, Poultry.
Title of Original: Como comprar las aves de corral. Also available in English.
Abstract: This pamphlet describes how various types of poultry are graded, and how to determine quality.

35-75
REFERENCE MATERIAL TO PART I--FOOD PRICE CHANGES, 1973-74; COMMITTEE PRINT.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs, Staff
Washington, GPO 211 p. Feb 1974.
KF26.5.N8 1974P PT1: F8
Consumer economics, Food cost, Food habits, Food prices, Food purchasing, Nutritional adequacy, Nutritional status.
Abstract: This publication, of interest to those involved in the nutritional status of Americans, offers reference material supporting the relationship of food price changes and nutritional status. Included are such areas as the actual increase of food prices, the effect of this on nutrition and on consumption and income and the American diet. This information should be of interest to those involved in food programs and industry and those offering nutritional guidance to consumers.

36-75
HOW TO BUY FRESH FRUITS. (SPA)
U.S., Consumer and Marketing Service
Washington, D.C. 24 p. Nov 1971.
TX558.F7C6 F&N (U.S. Consumer and Marketing Service. Home and garden bulletin no. 141-s)
Consumer education, Food grades, Food purchasing, Food quality, Food selection, Fresh foods, Fruits, Seasonal availability of foods.
Title of Original: Como comprar fruta fresca. Also available in English.
Abstract: Grading and marketing of fresh fruits is described,

37-75

and tips on selection, storage, and handling are supplied. In-season buying is economical. A list of more than 20 fruits gives best buying seasons, origins, what to look for and what to avoid in fruit buying.

37-75
HOW TO BUY FRESH VEGETABLES. (SPA)
U.S., Consumer and Marketing Service
Washington, D.C. 24 p. Sept 1971.
TI557.C6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 143-s)
Consumer education, Food grades, Food purchasing, Food quality, Fresh foods, Seasonal availability of foods, Vegetables.
Title of Original: Como comprar hortalizas frescas. Also available in English.
Abstract: This booklet explains grading of vegetables and how to determine quality. About 40 different vegetables are listed and each is described in terms of what to look for before buying. Seasonal foods are economical.

38-75
HOW TO BUY CANNED AND FROZEN VEGETABLES.
U.S., Consumer and Marketing Service
Washington, D.C. 28 p. Apr 1969.
TI557.U62 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 167)
Canned foods, Consumer education, Food grades, Food purchasing, Food quality, Food selection, Food storage, Frozen foods, Vegetables.
Also available in Spanish.
Abstract: All canned and frozen vegetables are wholesome and nutritious, but they can differ in quality--the difference in taste, texture, and appearance of the vegetable, and its price, too. If you've been selecting canned or frozen vegetables by habit, or can't tell which can or package would be best for the use you have in mind, here's some information that can help you make a wise choice.

39-75
HOW TO BUY DRY BEANS, PEAS, AND LENTILS.
U.S., Consumer and Marketing Service
Washington, D.C. 12 p. June 1970.
TI558.B4U6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 177)
Beans, Consumer education, Dried foods, Food grades, Food purchasing, Food quality, Food storage, Lentils, Peas.
Also available in Spanish.
Abstract: Inspection and grading of these nutritious, interchangeable foods are described. Color, size, and defects should be noted when shopping (select see-through or window packages). Tips on storage, preparation, and serving are given for various types. An appearance guide in color is supplied.

40-75
HOW TO BUY BEEF (FILMSTRIP/CASSETTE TAPE).
U.S., Consumer and Marketing Service
Washington, D.C. 34 slides, 2"x2", col., 1 cassette tape, 14 min. July 1970.
TI356.B62 F6# AV
Beef, Food purchasing, Food selection, Meat cuts, Meat grades.
With narrative.
Abstract: How beef is quality graded is described. The three top retail grades--prime, choice, and good--are shown and cooking methods for each given. Standard and commercial grades are pictured. Selection of good quality beef is based on cut as well as grade. Beef sides are shown separated into wholesale cuts and the uses and methods of cooking different cuts is described. The slide set also is available in filmstrip form.

41-75
HOW TO BUY FRESH VEGETABLES.
U.S., Consumer and Marketing Service
Washington, D.C. 28 p. Dec 1967.
TI557.U6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 143)
Consumer education, Food grades, Food purchasing, Food quality, Fresh foods, Seasonal availability of foods, Vegetables.
Also available in Spanish.
Abstract: This booklet explains grading of vegetables and how to determine quality. About 40 different vegetables are listed and each is described in terms of what to look for before buying. Seasonal foods are economical.

42-75
HOW TO BUY FRESH FRUITS.
U.S., Consumer and Marketing Service
Washington, D.C. 28 p. Oct 1967.
TI559.F76 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 141)
Consumer education, Food grades, Food purchasing, Food quality, Food selection, Fresh foods, Fruits, Seasonal availability of foods.
Also available in Spanish.
Abstract: Grading and marketing of fresh fruits is described, and tips on selection, storage, and handling are supplied. In-season buying is economical. A list of more than 20 fruits gives best buying seasons, origins, what to look for and what to avoid in fruit buying.

43-75
HOW TO BUY DRY BEANS, PEAS, AND LENTILS. (SPA)
U.S., Consumer and Marketing Service
Washington, D.C. 12 p. Nov 1971.
TI558.B4C6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 177-s)
Beans, Consumer education, Dried foods, Food grades, Food purchasing, Food quality, Food storage, Lentils, Peas.
Title of Original: Como comprar habas, guisantes y lentejas en seco. Also available in English.
Abstract: Inspection and grading of these nutritious, interchangeable foods are described. Color, size, and defects should be noted when shopping (select see-through or window packages). Tips on storage, preparation, and serving are given for various types. An appearance guide in color is supplied.

44-75
MEAT AND POULTRY--CARE TIPS FOR YOU. (SPA)
U.S., Consumer and Marketing Service
Washington, D.C. 12 p. Apr 1972.
TI356.U57 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 174-s)
Consumer education, Cooking techniques, Food preparation, home, Food purchasing, Food selection, Food storage, Meat, Meat grades, Poultry.
Title of Original: Carne de res y de aves de corral--como cuidar sus comestibles.
Abstract: This booklet explains meat inspection and grading, and then provides tips for selecting, purchasing, storing, handling, and cooking meat and poultry of various kinds.

45-75
HOW TO BUY MEAT FOR YOUR FREEZER. (SPA)
U.S., Consumer and Marketing Service
Washington, D.C. 28 p. Nov 1971.
TI556.M4C6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 166-s)
Beef, Consumer education, Food grades, Food purchasing, Food selection, Freezing, Lamb, Meat cuts, Pork.
Title of Original: Como comprar carne par conservar en el refrigerador. Also available in English.
Abstract: Grading and marking of meats are explained. Wholesomeness and quality are prime factors in buying meat. Charts are supplied for beef, pork, and lamb. A comparative cost table relating carcass to retail cuts is given. A table for storage times for various meats is included. Preparation guidelines for freezing are supplied.

46-75
HOW TO BUY EGGS. (SPA)
U.S., Consumer and Marketing Service
Washington, D.C. unp. leaflet. Sept 1972.
TI556.E4C6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 144-s)
Consumer education, Eggs, Food cost, Food grades, Food purchasing, Food quality, Food storage, Nutrients.
Title of Original: Como comprar los huevos. Also available in English.
Abstract: Eggs should be selected on the basis of grade (quality) and size (weight classes). Differences in grade are described and illustrated. Tips on storage, use, and cooking are given. Grading procedures are shown.

47-75
HOW TO BUY BEEF (SLIDES/CASSETTE TAPE).
U.S., Consumer and Marketing Service
Washington, D.C. 34 slides, 2" x 2", col., cassette tape, 14 min. July 1970.
TI356.B62 F6# AV
Beef, Food purchasing, Food selection, Meat cuts, Meat grades.
With narrative.
Abstract: How beef is quality graded is described. The three top retail grades--prime, choice, and good--are shown and cooking methods for each given. Standard and commercial grades are pictured. Selection of good quality beef is based on cut as well as grade. Beef sides are shown separated into wholesale cuts and the uses and methods of cooking different cuts is described. The slide set also is available in filmstrip form.

48-75
HOW TO BUY MEAT FOR YOUR FREEZER.
U.S., Consumer and Marketing Service
Washington, D.C. 28 p. Apr 1969.
TI556.M4U6 (U.S. Consumer and Marketing Service. Home and garden bulletin no. 166)
Beef, Consumer education, Food grades, Food purchasing, Food selection, Freezing, Lamb, Meat cuts, Pork.
Also available in Spanish.
Abstract: Grading and marking of meats are explained. Wholesomeness and quality are prime factors in buying meat. Charts are supplied for beef, pork, and lamb. A comparative cost table relating carcass to retail cuts is given. A table for storage times for various meats is included. Preparation guidelines for freezing are supplied.

49-75
HOW TO BUY EGGS.
U.S., Consumer and Marketing Service
Washington, D.C. unp. leaflet. Jan 1969.
TI556.E4U6 F6# (U.S. Consumer and Marketing Service. Home and garden bulletin no. 144)
Consumer education, Eggs, Food cost, Food grades, Food purcha-

# NUTRITIONAL SCIENCE AND NUTRITION EDUCATION

sing. Food quality, Food storage, Nutrients.
Also available in Spanish.
Abstract: Eggs should be selected on the basis of grade (quality) and size (weight classes). Differences in grade are described and illustrated. Time on storage, use, and cooking are given. Grading procedures are shown and described.

50-75
CONSUMER SATISFACTION WITH FOOD PRODUCTS AND MARKETING SERVICES
U.S., Dept. of Agriculture, Economic Research Service
Washington. 53 p. 1975.
A281.9 Ag84 (U.S. Dept. Of Agriculture. Agricultural economic report no. 281.)
Consumer attitude, Consumer economics, Consumers, Food products, Marketing, Product satisfaction.
Available from NAL, includes bibliographical references.

51-75
GUIDE TO: AVERAGE MONTHLY AVAILABILITY OF FRESH FRUITS AND VEGETABLES. 7th rev. ed.
United Fresh Fruit and Vegetable Association
Washington, D.C., United Fresh Fruit and Vegetable Assn. 4 p. 1969.
HD9280.U6 F89
Fruits, Marketing, Vegetables.
Abstract: A chart showing the availability of 46 different fresh fruits and vegetables, with information on major commodities by main producing states is given. Availability is expressed as a monthly percentage of total annual supply.

52-75
SELECTING, BUYING, AND PREPARING BEEF. (SPA)
E F Valentin
Rio Piedras, P.R. ems. Nov 25, 1968.
TX373.V3 P59
Consumer education, Food preparation, Home, Food purchasing, Food selection, Food storage, Beef, Beef cuts, Pork.
Title of Original: Seleccion, compra y preparacion de carnes.
Abstract: Here is an outline for teaching homemakers how to buy and prepare meat--especially pork. An illustration shows the structure of a pig and where the various pork cuts come from. Special sections discuss how to wrap meat for storage and how to carve ham slices and pork ribs.

53-75
FOOD BUDGETING. (SPA)
E F Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 4 p. July 1968.
TX356.V3
Budgeting, Budgets, Consumer education, Food purchasing, Money management.
Title of Original: Presupuesto de alimentos.
Abstract: Designed for instructing Extension program aides, this lecture outline stresses the importance of planning for food in family budgets.

54-75
A STUDY ENCLOSED OF PROTEIN COSTS.
Flora L Williams, Catherine L Justice
J Home Econ 67 (2): 20-21. Mar 1975.
321.8 J82
Food cost, Home economists, Protein foods, Proteins, Recommended Dietary Allowances, Worksheets.
Extract: This worksheet can be used on a daily, weekly, or monthly basis. To figure comparative protein costs, the buyer records the current retail price per pound of the meats or meat alternates listed, multiplies those prices by the factor given, then makes the assessment of the wisest choice among a number of protein foods, based on comparative price.

55-75
APPLES TO SUCCULENT.
Ruth A Williams, Judith McTaggart, Jorridith Wilson
Washington, American Home Economics Association 12 p. July 1972.
TX356.A5 P59 (Home Economics Learning Packages. HELPS no. 1002)
Basic Four, Consumer education, Convenience foods, Food groups, Food purchasing, Fruits, Home economics, Meal planning, Vegetables.
Abstract: This is a unit for teaching secondary school students about the many factors to be considered in selecting fruits and vegetables. It consists of a teacher's guide and a student section. Learning activities include films, tapes, games, marketing, reading material and self-tests.

56-75
NUTRITIONAL STATUS OF MEXICAN-AMERICAN PRESCHOOL CHILDREN IN A BORDER TOWN.
Phyllis B Acosta, Robert G Aranda, Jane S Lewis
Amer J Clin Nutr 27 (12): 1359-1360. Dec 1974.
389.8 J824
Ethnic groups, Mexican Americans, Mexican-Americans, Nutritional status, Nutritional surveys, Preschool children (2-5 years).
Abstract: This report concerns one phase of a study that evaluated nutritional and developmental status of Mexican American preschool children in San Isidro, California. Results from physical measurements, dietary, biochemical dental evaluations and medical histories are reported. One-third of the children had heights one or more standard deviations below the mean from Growth Standards while one-fourth had weights below the 10th percentile. Twelve percent did not meet two-thirds of the 1968 RDA for energy; all ingested more than two-thirds of the 1968 RDA for protein. Eleven percent of the children did not meet two-thirds of the RDA for calcium, 44% for iron, 13% for thiamin, none for riboflavin, 23% for preformed niacin, 7% for vitamin A, and 29% for ascorbic acid. Slightly more than half of the children exhibited iron deficiency. Evidence of deficiency of specific nutrients were considered minimal except for iron underachievement. Nutrition educators working with this type of population should find this report of interest.

57-75
PRIMARY HYPERPLASTIC OBESITY.
Festus O Adebonojo
Clin Pediatrics 13 (9): 775-778. Sept 1974.
RJ1.C5 P89
Adipose tissue, Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: Evidence suggests that the adipose contribution to body weight is related to the number of adipose tissue cells, their max cell size and their mean intracellular lipid content; possible classifications based on these factors are described. Such classifications are necessary for the development of appropriate treatment which will retard the multiplication of adipose cells during infancy without compromising growth and proper development is called for. Nutritionists concerned with the prevention and treatment of this human problem will find this article of interest.

58-75
OUR TRIBUTE TO OLDER CITIZENS.
Mary B Kelly, Karen Chapman
Nutr News 38 (2): 6. Apr 1975.
389.8 N957
Elderly (65 + years), Nutrition education, School lunch, Student involvement.
Abstract: Thirdgraders helped in planning, preparing, and serving lunch to senior citizens and grandparents. During lunch nutrition information was given a boost as the children displayed food charts and recited rhymes about each of the four food groups.

59-75
EFFECT OF ORAL CONTRACEPTIVES ON PLASMA LIPOPROTEINS, CHOLESTEROL AND ALPHA-TOCOPHEROL LEVELS IN YOUNG WOMEN.
L Aftergood, A B Alexander, B B Alfin-Slater
Nutr Rep Int 11 (4): 295-304. Apr 1975.
RC620.A780
Cholesterol, Contraceptives, oral, Females, Lipid metabolism disorders, Vitamin E.
Extract: Plasma tocopherol and cholesterol levels and lipoprotein distribution were determined in approximately 40 young women volunteers, (1) who were taking oral contraceptives, or (2) who had discontinued using the drug, or (3) who had never taken these drugs. Oral contraceptive use resulted in an increased plasma cholesterol level (by approximately 7 percent) and a decreased plasma tocopherol level (by approximately 20 percent).

60-75
NUTRITIONAL QUACKERY (MOTION PICTURE).
Alan Instructional Media Services, Inc.
Hollywood, Calif. 20 min., sd., color, 16 mm. [n.d.]
TX364.N826 F89 AV
Fertilizers, Food additives, Health beliefs, Nutrient excesses, Nutrient quality, Obesity, Pesticide residues, Processed foods, Quackery.
Abstract: A health quack is depicted broadcasting so-called facts dealing with soil depletion, chemical fertilizers, pesticides, food processing, and additives, and their adverse effects on the nutrients in the food Americans eat. He is

61-75

selling "natural" vitamins. Each of his arguments is rebutted by experts. An FDA study on nutritional adequacy of foods straight from the market shelf consumed by boys aged 16-19 shows that given proper selection (from the basic four food groups) and preparation, the nutrient intake exceeds the RDA for this group. It is emphasized that the prime problem in American food consumption is overnutrition.

62-75
FORMAL EDUCATION OF MOTHERS AND THEIR NUTRITIONAL BEHAVIOR.
Ismail J Al-Lai, A A Kanawati, Donald S McLaren
J Nutr Educ 7 (1): 22-24. Jan/Mar 1975.
TX341.J6
Academic achievement, Maternal and child health, Middle East, Nutrition education, Nutrition knowledge, Research.
Abstract: This study was done in a Beirut suburb to investigate the relationships between formal education of mothers and their nutritional knowledge, nutritional practices, and the growth pattern of their children. The mothers were divided into four groups according to years of schooling. Nutritional knowledge and nutritional practices were evaluated by means of a nutrition knowledge test and a questionnaire prepared for the study. Growth patterns of two children under five years in each family were evaluated by measurements of weight, height, head circumference, and midarm circumference. Children whose mothers had the highest level of schooling had a better growth pattern although still below the standard, thus the children's nutritional status appears to be affected by the mothers' educational level. Since improvement in the nutrition content of the first years of the school curriculum appears to be most feasible in promoting better nutrition for the young child, curriculum planners and educators should be aware of such needs and their probable effects on society.

63-75
COMO ALIMENTAR A SU BEBE. (SPA)
Marie F Alexander, Anne D'Auto
New York, Beth Israel Medical Center 6 leaflets in English, 6 in Spanish. [n.d.].
TX361.C5A5 F88
Infant diets, Infant feeding, Infants (To 2 years), Spanish (Language), Special groups, Diets.
Title of Original: Feeding your baby.Contents: First foods for your growing infant. The first month, 2-3 to nine months, Nine to twelve months, One to two years, meats, chicken, eggs, Vegetables, fruits and juices.
Abstract: These materials offer the parents of infants directions for feeding from the first month to two years of age. Although the parent is told to check with his/ her pediatrician for specific advice, guidelines are offered on the introduction of new foods, probable feeding schedules, food quantity, how to choose commercial baby foods, economic food purchasing, snacks, etc. Plain food is emphasized and the use of added sugar and food as a pacifier is discouraged. It is emphasized that eating habits are formed at a young age and care should be taken that guidance is provided at this stage. The pamphlets are available in spanish and english.

64-75
MULTIPLE SCLEROSIS AND NUTRITION.
Milton Alter, Mohamed Yanoor, Mary Harmbe
Arch Neurol 31: 267-272. Oct 1974.
WL307.A7 M88
Animal fats, Disease prevention, Disorders of body parts and systems, Fats and oils, Nervous system, Nervous system disorders.
Abstract: In this study nutrition was examined in various parts of the world and multiple sclerosis frequency was correlated with the distribution of several components of diet. The methods used in this study are outlined and the results discussed. Of the dietary factors only calories of animal origin and fats and oils correlated significantly with MS prevalence. When these two were combined, a significant correlation with MS prevalence of .78 resulted, suggesting that increased consumption of animal-fat may be associated with MS. Several plausible mechanisms that might relate nutrition and MS frequency are discussed at length. Further study and analysis is recommended. Physicians and nutritionists and other health professionals concerned with the care of MS patients will find this discussion of interest.

65-75
EATING FOR LIFE; A BOOK ABOUT VEGETARIANISM.
Nathaniel Altman
Wheaton, Ill.: Theosophical Pub. House 192 p. [1973].
TX392.A53
Vegetarian diets, Vegetarianism.
Available from NAL.

66-75
ENRICHED BREAD GIVES HE... (PUZZLE).. (SPA)
American Bakers Association
Chicago, Ill. 1 cardboard jigsaw puzzle, 9" x 5 1/2", col. 1958.
TX394.A4 M88
Breads, Breads (Yeast), Educational games, Enrichment, Instructional aids, Nutrient values.
Title of Original: El pan enriquecido se proporciona... (Puzzle).
Abstract: The pieces in this breadloaf-shaped jigsaw puzzle are labelled with the names of nutrients found in enriched bread--niacin, protein, energy, calcium, iron, thiamin, and riboflavin.

66-75
DO IT! (SPA)
American Dental Association
Chicago, Ill. unp. 1970.
WU51.A45 F88
Dental caries, Dental health, Teeth.
Title of Original: Hagalo!
Abstract: For good dental health, brush your teeth and gums every day.

67-75
UNDERSTANDING FOOD PATTERNS IN THE USA
American Dietetic Association
Chicago, Ill. 16 p. 1969.
TX360.U6A4 F88
Diet information, Diet patterns, Diet planning, Ethnic foods, Ethnic groups, Food groups, Food guides, Food selection, United States.
Abstract: Nutritionists and dietitians who work with regional and ethnic populations within the U.S. should be familiar with the traditional foods of these groups and be able to create improved diets using the various ethnic foods as a base. This booklet delineates the diet patterns of the Chinese, Italian, Japanese, Jewish, Polish, Puerto Rican, southern U.S., and Spanish-American cuisines, and shows how the Basic Four food pattern can be fitted to each style of eating.

68-75
POSITION PAPER ON FOOD AND NUTRITION MISINFORMATION OR SELECTED TOPICS.
American Dietetic Association
J Am Diet Assoc 66 (3): 277-280. Mar 1975.
389.8 A834
Food beliefs, Food fads, Health foods, Hypoglycemia, Minerals, Nutrition knowledge, Vegetarian diets, Vitamins, Weight loss.
Extract: The dietetic profession is committed to informing consumers about ill-advised diets and the misleading teachings of self-proclaimed nutrition experts. This position paper of the Association is intended for the information and guidance of that segment of the population who may be the victims of consumer misinformation.

69-75
FOOD POWER FOR YOUR FAMILY (POSTER).
American Medical Association
Chicago 1 poster. 18 1/2 X 23 in. color. [n.d.].
TX364.F635 F88
Basic Four, Food groups.
Abstract: This colorful poster shows the four food groups and stresses daily intake.

70-75
NUTRITION EDUCATION IN SCHOOL LUNCH.
American School Food Service Association
Denver, American School Food Service Assn. leaflet, 6 sided. [n.d.].
TX364.N835 M8
Child nutrition programs, Nutrition education, School food service, School lunch, School lunch programs.
Abstract: This brochure describes the nutritional role of school food service in terms of feeding children as well as suggested avenues for nutrition education. It consists of statements by noted nutritionists and educators which describe these roles and emphasize their importance to the development of life long food habits in children. Four basic concepts of nutrition are also presented, stressing their importance to nutrition education programs. It is hoped this information will encourage school personnel and parents to exploit the potential of school food services in this regard.

71-75
THE NUTRITIONAL COMPOSITION OF SPICES.
American Spice Trade Association
Englewood Cliffs, American Spice Trade Assn. 2 p. leaflet. [n.d.].
TX406.N8 F88
Food composition, Nutrient values, Nutrients, Seasonings, Spice.
Abstract: These two tables give the approximate composition of ground spices by 100 gram edible portion and by teaspoon. The introductory material includes the statement: "These tables confirm--an assumption that has long been held, but not previously documented--spices by themselves are not high in nutrient values.".

72-75
FOOD AND LIFE.
Gerald Ames, Rose Wyler
Mankato, Minn., Creative Educational Society 144 p., illus. 1966.
TX356.A4 F88
Energy, Foods, Growth, History, Malnutrition, Nutrition, Photosynthesis, Protein foods, Soil conservation.
Abstract: A textbook for students in the beginning of secondary school, to be used in science classes. The book is divided into four sections. The first concerns energy, growth and nutrition, giving information on why food is needed, and just how the food is used in building cells in the body. Another section discusses the history of food, and the growth of different types of foodstuffs throughout the world now, and some

indication of how science hopes to cope with the food shortage. One complete section is devoted to soil and the need for conservation, with the last section discussing the uneven distribution of food in the world, and the various methods now being used to bring forth a more healthy society.

73-75
EFFECT OF PROTEIN INTAKE ON CALCIUM BALANCE OF YOUNG MEN GIVEN 500 MG CALCIUM DAILY.
Chander Mohan Anand, Hellen Y Linkswiler
J Nutr 104 (6): 695-700. June 1974.
389.8 J82
Balance studies, Calcium, Protein modifications, Protein-high diets, Proteins.
Abstract: The effect of level of protein intake on urinary and fecal calcium and calcium balance of nine young adult human males was investigated. Calcium intake was 500 mg daily. The urinary calcium increases significantly with each increase in protein intake, the mean value being 168, 240, 307, and 279 mg, respectively, when the low, the medium and the high protein and the high protein-high fruit and vegetable diet was given. Fecal calcium was not significantly affected by protein intake. It is recommended that the possibility that high protein intakes are detrimental to the adult human be further studied and that different protein sources be used and both sexes be studied at several different ages.

74-75
SACRED FISH.
E N Anderson
Man 4 (3): 443-449. Sept 1969.
GN7 A3 M58
Cultural factors, Diet patterns, Fish, Food beliefs, Food habits, Food symbolism, Food taboos, Hong Kong, Religion.
Extract: Among the Cantonese-speaking boat-dwellers of Hong Kong, certain fish are taboo for eating. Analysis of these fish show them to be either anomalous in appearance or behavior or very large and strong. These fish are not to be caught but consecrated. Since they are rare and hard to catch, they have no economic significance.

75-75
CANTONESE ETHNOGASTROLOGY.
E N Anderson, M L Anderson
Ethnos 1 (4): 107-117. 1969.
DP501.E8 E84
Cookery, Chinese, Ethnic foods, Food beliefs, Food habits, Food preparation, Food symbolism, Foodways, Hong Kong, Social factors.
Extract: This article describes Chinese cooking and food symbolism in a usual Hong Kong Chinese meal. Some of the social aspects of eating are discussed.

76-75
PATHOPHYSIOLOGY OF OBESITY.
A Angel
Can Med J 110: 540-548. Mar 2, 1974.
R11.C3 P58
Adipose tissue, Endocrine disorders, Metabolic disorders, Nutrient excesses, Obesity.
Abstract: Obesity is a common and serious disease of overnutrition significant because it is a serious health hazard. In this article, of interest to nutritionists and other health professionals, the author goes on to discuss this disorder in some detail, covering first of all adipose tissue structure and composition. Forms of obesity are then presented along with a discussion of specific changes in fat tissue in obesity, the mechanism of fat accumulation and release, and the metabolic effects of obesity. It is concluded that new insights into this disease will be obtained through further studies in the behavioral sphere.

77-75
THE COMPUTER DIET: A WEIGHT CONTROL GUIDE.
Vincent P Antonetti
New York: H. Evans 282 p., bibliography: p. 279-282. [1973].
RA222.2.A57
Diets, Weight control, Weight loss, Weight reduction.
Available from NAL.

78-75
ARE WE EATING TOO MUCH PROTEIN?
Med Insight 15 (39): 106. Nov 8, 1970.
R11 M8 P58
Food habits, Nutrients, Protein foods, Protein-high diets, Proteins.
Abstract: This report, of interest to nutritionists and food personnel, advises against excessive protein intake and offers evidence supporting this position. Much specific evidence is based on animal experimentation, with the most convincing argument involving humans relating to low protein diets with patients with chronic renal disease. Low protein, low liquid diets allow such patients to cut the frequency of dialysis, feel better, keep working and to save money. The author feels that it can be inferred from scattered data that the average human may live longer if he consumes less protein.

79-75
NUTRITIONAL STATUS OF BLACK PRESCHOOL CHILDREN IN MISSISSIPPI.
Helen Armstrong
J Am Diet Assoc 66 (5): 488-493. May 1975.
389.8 AM34
Food habits, Meals per day, Mississippi, Negroes, Nutritional status, Preschool children (2-5 years), Socioeconomic influenced.
Extract: Food frequency data were studied in relation to the nutritional status of 372 black preschool children in three Mississippi counties. The following data were utilized: quantitative dietary intakes for four or seven days, from which intakes of eight nutrients and energy were calculated and frequency of consumption of all individual foods was obtained; and anthropometric and biochemical measures.

80-75
REGIMEN FOR WEIGHT CONTROL IN RETIRED COUPLES AND OTHERS WHO WANT TO CONTROL WEIGHT HAPPILY.
Charles H Aronson
Arcade, N.Y., Charles H. Aronson Book Publisher 114 p. 1973
RA222.2.A7 P58
Diets, Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: The weight control regimen recommended by this author is simple: "Except for snacks, candy, pastry and desserts, eat all you want of anything you want twice a day." Written primarily for retired couples (age 60 and over), various basic aspects concerning food and nutrition are discussed including nutrient requirements, function, and source. Interspersed with this information is the author's personal philosophy pertaining to nutrition such as his strong stand against vegetarianism ("Meat has to be part of a normal diet or the diet is not well balanced.") or his statement "No need to go out of our way for roughage...roughage gets in the way when the digestive tract is trying to digest useful foods." Various recipes are also included.

81-75
ASSESSMENT OF THE CARCINOGENICITY AND MUTAGENICITY OF CHEMICALS.
Geneva, World Health Organization 19 p. 1974.
QZ553.A1A9 P58
Additives and adulterants, Cancer, Food additives, Food adulterants, WHO.
Abstract: Laboratory investigations have shown a number of food additives or contaminants and certain other environmental chemicals to be carcinogenic or mutagenic at quite low concentration. This report, of particular interest to food scientists and nutritionists, summarizes present knowledge of the mechanisms of mutagenesis and carcinogenesis and the relationships between these mechanisms. Many compounds need metabolic activation by tissue enzymes or by enzymes of the intestinal flora before they exert a carcinogenic or mutagenic action. The introduction of in vitro systems of bioassay incorporating metabolic activators has been a significant advance in testing procedures incorporating this need. This report is a statement of the current knowledge of carcinogenicity and mutagenicity of chemicals found in the environment, including discussion of recent techniques of bioassay.

82-75
FALLACY AND HAZARD - HUMAN CHORIONIC GONADOTROPIN/500-CALORIE DIET AND WEIGHT REDUCTION.
John C Ballin, Philip L White
J Amer Med Assoc 230 (5): 693-694. Nov 4, 1974.
448.9 AM37
Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This article, of interest to physicians and other health professionals, discusses the weight reducing diet/regimen originated by Dr. A.T.W. Simeons which consists primarily of a 500 Calorie diet and use of the substance human chorionic gonadotropin. Pharmacologic and clincial considerations of this hormone are presented and it is concluded that no evidence exists the HCG produced any pharmacologic effect. There is a paucity of published studies confirming its efficacy with the studies that have been reported failing to conform to reasonable standards of scientific evidence. The nutritional consideration of the 500 Calorie diet are also presented and the possibility of resulting protein loss from body tissue is emphasized. Finally physicians are alerted to serious questions concerning their participation in such dietary programs.

83-75
IT'S SUPER VEGETABLE!
Janet Barkas
Fam Health 7 (1): 44-48. Jun 1975.
RA773.F3 F58
Meat alternates, Meat substitutes, Plant sources of foods, Recipes, Vegetarian diets, Vegetarianism, Vegetarians.
Abstract: In this article the author strongly recommends a vegetarian diet and supports this recommendation by citing several vegetarian societies that are practically free of cancer and heart disease, whose members often live to be over 100. A brief history of vegetarianism is given, various types of vegetarian diets are discussed and several nutrition authorities are quoted in support of the adequacy of such a dietary plan. The economic advantages of vegetarianism are also discussed and the inefficient use of grain protein in meat production is stressed. The culinary delights of vegetarian food is presented through several recipes. Anyone interested in following or learning more about the vegetarian diet will find this article informative.

84-75

84-75
FOODBORNE DISEASE SURVEILLANCE.
E H Barker, J C Sagerser, C V H Hall
Am J Public Health 64 (9): 854-859. Sept 1974.
449.9 AM32
Food contaminants, Food poisoning, Food safety, Food-induced disorders, Food-related disorders.
Abstract: Realizing the need for active collection and analysis of information regarding occurance of foodborne disease outbreaks, a formal surveillance system for investigating and reporting outbreaks was developed in Washington state in 1969. This paper reviews methods of implementation, results of a full year in operation, and implications to be drawn regarding the nature of the food borne disease problem nationwide. The experience suggests that nationwide data, although deficient for making quantitative estimates, provide a reliable profile of the of the qualitative aspects of the problem. The investigation has been associated with the detection and correction of numerous specific sources of foodborne dimeases at the local level implying the implementation of similar multidisciplinary multiagency surveillance systems should prove useful in other parts of the country. This report should interest all in the health professions.

85-75
PATTERN OF MILK CONSUMPTION OF DARWIN SCHOOL CHILDREN.
P D Barnard
Food Nutr Notes Rev 31 (11, 12): 261-264. Nov/Dec 1974.
389.9 AU73
Australia, Dental health, Food habits, Milk, School children (6-11 years).
Extract: Questionnaire information on milk usage of school children in Darwin participating in a dental survey was supplied by their parents or guardians. For 1366 children data is presented for present estimated milk consumption and estimated milk consumption during the first year of life and for the five-year period from the 1st birthday. The average daily present milk intake for the total sample was 677 ml with fresh milk used exclusively by only 41 percent of children.

86-75
THE INSEPARABILITY OF NUTRITION FROM THE SOCIAL AND THE BIOLOGICAL SCIENCES.
R H Barnes
Nutr Dietet 10: 1-8. 1968.
TX341.N8 F8W
Anthropology, Biology, Change agents, Diet improvement, Nutrition, Nutrition programs, Research needs, Social sciences, World problems.
Extract: This nutritionist presents a plea for nutritionists and behavioral scientists to work together in trying to solve the world's nutritional problems.

87-75
SALTINESS OF MONOSODIUM GLUTAMATE AND SODIUM INTAKE.
Linda P Bartoshuk, William S Cain, Carol E Cleveland
J Amer Med Assoc 230 (5): 670. Nov 4, 1974.
448.9 AM37
Monosodium glutamate, Salt, Seasonings, Sodium, Sodium ions, Sodium-restricted diets.
Abstract: This letter discusses the current use of monosodium glutamate as a condiment or seasoner and points out that MSG is actually less salty than table salt, NaCl, of equivalent sodium content. This suggests that using MSG to season foods could therefore lead to increased sodium ingestion. Studies cited showed that subjects added only about 1/3 as much sodium when they seasoned with NaCl than MSG as the moderate saltiness of MSG fails to warn the user about its high sodium content. Nutritionists, physicians and others concerned with the dietary management of those endangered by excessive sodium intake will find this information of interest.

88-75
OPPORTUNITIES TO SELL NUTRITION: VIEWPOINT OF A COLLEGE PROFESSOR.
Harold J Bassett
Cereal Foods World 20 (6): 272-275. Apr 1975.
59.8 C333
Advertising, Food science, Labeling, Legislation, Nutrition, Nutrition education, Nutrition knowledge.
Abstract: The current status of nutrition is discussed. Several nutrition-related laws are summarized.

89-75
EVERYONE NEEDS MILK DAILY. (SPA)
B Bay
Fort Collins, Colo. 1 single-sheet flyer printed front and back. Mar 1969.
TX379.B3 F8W (Colorado State University. Cooperative Extension Service. Spanish nutrition briefleat 7-a)
Age groups, Diet information, Food intake, Milk, Milk products.
Title of Original: Todos necesitamos leche diariamente.
Abstract: Infants, children, teenagers, adults, and nursing mothers all need a certain amount of milk every day.

90-75
BEAUTIFUL--NATURALLY (FILMSTRIP/RECORD).
Lakeland, Fla., The Florida Department of Citrus 1 filmstrip, 112 fr., sd., 35mm, col., 1 record, 33 1/3 rpm. 1974.
HA778.B4 F8W AV
Adolescents (12-19 years), Basic Four, Beautification, Body image, Exercise, Hygiene, Recipes.
Abstract: This filmstrip and accompanying record emphasize good health and good looks to the adolescent girl. Beauty aids made with natural food products are suggested and some exercises for muscle tone are demonstrated. The role of the Four Food Groups in a balanced diet is briefly mentioned along with recipes for low calorie dishes for girls watching their weight.

91-75
THE EVER-GROWING, EVER-CHANGING WORLD OF BREAKFAST FOODS.
David L Beckman
Givaudan Flavor 2: 1, 3-4, 8. 1975.
388.8 G48
Breakfast, Breakfast cereals, Food economics, Food habits, Fortification, Natural foods, Nutrition knowledge, Prepared foods.
Abstract: American breakfast habits are discussed in light of the present economic situation and the recent advances in nutrition education. Fortified and natural cereals, instant breakfast products, and toaster pastries and their impact are also discussed.

92-75
EATING HABITS AND NUTRITION.
A H Bender
Rev Nutr Food Sci 16: 6-9. July 1969.
TX341.B4 F8W
Diet patterns, Economic influences, Food habits, Food intake, Food preferences, Food selection, Food supply, Great Britain, Nutrient intake.
Extract: British regional food habits are discussed. The greatest food changes have been economic. With the rise of convenience foods a wider variety has become available.

93-75
EATING THE DIETS; FOR THE DIETER WHO WANTS ALL THE FACTS.
Theodore Berland
Skokie, Ill., Consumer Guide 386 p. Apr 1974.
TX364.B32 F8W
Diets, Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This volume attempts to sort out the distortion and duplicity in the weight control business and to offer the "real" facts as currently known by medical, nutritional and behavioral authorities. Information about the relationship of personality, food, nutrition, health and disease to overweight and obesity is summarized, and popular strategies for shedding excess pounds are analyzed. A special section of the book is devoted to describing and "rating" an assortment of diet plans in terms of "safety and effectiveness". Readers are cautioned to take vitamin supplements with any diet.

94-75
THE PROBLEM OF NUTRITION EDUCATION.
W T C Berry
Nutrition 23 (2): 61-67. Summer 1969.
389.8 N959
Educational methods, Nutrients, Nutrition, Surveys.
Abstract: The author feels that nutrition knowledge is presently in a state of flux, due partly because more information is required than can be obtained from the physiology laboratory and the experimental animal. More information should be obtained from biochemistry, anthropometry and nutrition surveys and feeding tests. In the context of this state of flux, the author attempts to set forth concepts for teaching nutrition.

95-75
ESCOGIENDO PARA DOS. (SPA)
Beth Israel Medical Center
New York, Beth Israel Medical Center 2 p. leaflet. [n.d.].
TX361.P7B4 F8W
Pregnancy, Pregnancy and nutrition, Pregnancy diets, Pregnant women, Spanish (Language).
Title of Original: Choosing for two.
Abstract: This leaflet tells the pregnant woman how to select foods for her proper health and that of her baby. After briefly explaining that good foods are needed to make the mother look and feel better and to help the baby grow strong, foods are listed for daily selection along with the number and size of servings. Additional hints advise the mother to eat no salt or salty foods, what to do to control weight, and encourages the drinking of 3-4 glasses of water daily. A sample meal is included. This publication is available in Spanish and English.

96-75
VITAMIN E ADEQUACY OF VEGETABLE OILS.
J G Bieri, E Poukka Evarts
J Am Diet Assoc 66 (2): 134-139. Feb 1975.
389.8 AM34
Corn oil, Hydrogenated fats, Nutrient requirements, Safflower oil, Soybean oil, Unsaturated fats, Vegetable oils, Vitamin E
Extract: In this study, young male rats were fed diets containing 20 percent fat in the form of soybean, corn, or safflower oil or hydrogenated shortening, and their vitamin E status was assessed for twenty-seven weeks. On the basis of growth rate, red cell hemolysis, plasma creatine phosphokinase activity and testicular development, soybean and corn oils and shortening provided adequate vitamin E. With safflower oil, there was slight red cell hemolysis. When tocopherols in corn oil were reduced by half, vitamin E status still appeared normal.

97-75
SWEETNESS AND SWEETENERS.
G G Birch
Br Nutr Found Bull 9: 23-30. Sept 1974.
TX341 B7 F68
Cyclamates, Saccharin, Sugar, Sugar substitutes, Sweeteners, Non-nutritive.
Abstract: In this paper the author examines sweeteners and the relative sweetness quality of these substances. Sweetness is best explained "by multiple group stereo-geometry with the sugars varying in their sweetness according to molecular architecture." In addition to relative sweetness, the metabolic effects of some sweeteners is also discussed. Differences in carbohydrate and artificial sweeteners are outlined and ways in which carbohydrates can be structurally tailored to suit the diabetic are examined. Research currently being done on the fermentation of new sweetening agents is also discussed. Nutritionists, food technologists and related professionals should find this report of interest.

98-75
HYPOGLYCEMIA--ETIOLOGY, INCIDENCE, DIAGNOSIS AND MANAGEMENT.
Barbara Birchwood
J Can Diet Assoc 36 (1): 16-19. 1975.
389.9 C1632
Carbohydrate metabolism disorders, Diabetes mellitus, Drugs, Hypoglycemia, Insulin, Sugar.
Abstract: This article for professional dietitians reviews the possible causes of hypoglycemia--low blood sugar--and makes suggestions for dietary treatment of the condition. Hypoglycemia may be drug-induced, may arise spontaneously due to disturbances in formation of insulin or adrenal hormones, or may be an expression of diabetes which occurs in early maturity. The article concludes that there is no scientific evidence that hypoglycemia exists widely today. A diagnosis of hypoglycemia requires symptoms of adrenal overactivity and reduced amounts of sugar reaching the brain, in addition to low glucose blood levels. Although alcohol may cause low blood sugar, there is no evidence that hypoglycemia is responsible for alcoholism, drug addictions and other behavioral problems.

99-75
CONTRASTING PROFESSIONAL VIEWS ON ATHEROSCLEROSIS AND CORONARY DISEASE.
Henry Blackburn
New Engl J Med 292 (2): 105-107. Jan 9, 1975.
448.8 N442
Atherosclerosis, Attitudes, Cardiovascular disorders, Coronary heart disease, Life styles, Metabolic disorders.
Abstract: This article examines two current attitudes on the causes of atherosclerosis and coronary heart disease to clarify the strengths and limitations of each point of view. The first viewpoint holds that these diseases are largely due to metabolic abnormalities associated with the absorption, synthesis, circulation and deposition of lipids and lipoproteins. These abnormalities are considered intrinsic and largely genetically determined with some influenced by diet and others less so. The second approach holds that these diseases are manifestations of a way of life, that they are multifactorial in origin and their epidemic nature is environmentally and culturally determined. Each attitude is briefly discussed in terms of diagnostic and therapeutic approaches, research and preventive action. Physicians and other health professionals involved in the diagnosis and treatment of these diseases should be interested in this discussion.

100-75
DEFINING HUNGER AMONG THE POOR.
Barbara Bode, Stanley Gershoff, Michael Lathan
CNI Weekly Rep IV (37): 4-6. Sept 19, 1974.
TX341.C6 F68
Disadvantaged groups, Hunger, Low income groups, Malnutrition, Nutritional status.
Abstract: This report outlines necessary steps that should be taken to eliminate hunger among the poor. Examples of hidden malnutrition in the U.S. are offered to emphasize the extent of the problem in this country. Needed information from nutrition surveys has not yet been forthcoming because important questions were not asked. Samples of such questions proposed in a small survey by the authors are presented. A need for evaluating existing programs is defined and three areas of evaluation are suggested. This paper should be of interest to all those involved in the nutritional care of people in the U.S., particularly the poor.

101-75
THE BODY IS A MACHINE THAT REPAIRS ITSELF. (SPA)
Mexico City: Walter Thompson de Mexico 4 p. 1972.
TX553.P7072 F68
Cells, Diet information, Food selection, Nutrient intake, Physiology, Protein foods, Proteins, Recipes, Regeneration.
Title of Original: El organismo es una maquina que se repara sola. Typewritten press release with accompanying photograph.
Abstract: Protein is an important nutrient for the regeneration and repair of body tissues. There are two basic types of protein in the human diet: protein from plants, and protein from animal meat. This article presents a protein-rich recipe for spiced meat balls.

102-75
NUTRITION ATTITUDES IN A UNIVERSITY COMMUNITY.
Michele Breaer, Willard H Weatherholtz
J Nutr Educ 7 (2): 60-64. Apr/June 1975.
TX341.J6
Attitudes, Nutrition, Nutrition education, Nutrition knowledge, Nutritional surveys, Universities.
Abstract: The purpose of this study was to assess the attitudes of a university community toward standard American food and "natural," "organic," and "health" foods to determine if attitudes affected the actual purchasing and consumption of foods. Returned questionnaires showed that 58% consumed a "typical sensible American diet," 10% included "health" foods in their diets, and 17% ate whatever was available. The data indicated a degree of skepticism about both the "typical American diet" and "natural" foods. Those professing an interest in nutrition scored higher on factual questions, the relationship between diet and health status, and were more enthusiastic about "health" and "organic" foods. Those without training in nutrition were more skeptical of "health" and "organic" foods. Nutrition educators will find this report of interest.

103-75
ARE VITAMIN E SUPPLEMENTS BENEFICIAL?
Michael Briggs, Maxine Briggs
Med J Aust 1: 434-437. 1974.
R99.A4 P68
Basic nutrition facts, Fat-soluble vitamins, Supplements (Nutrient), Vitamin E, Vitamins.
Abstract: In this paper, of interest to nutritionists and related professionals, recent work on the role of vitamin E in human health and disease is summarized. Tocopherol biochemistry is briefly reviewed, modes of action at cell and molecular levels are outlined, food concentrations and estimates of human dietary requirements are given, factors influencing absorption and excretion are described, and human diseases in which tocopherol administration has been claimed to be beneficial are listed. It is concluded that human requirements are small, that excess is not absorbed, and that regular vitamin E supplementation has not been shown to have beneficial effects for normal people.

104-75
FOOD EXCHANGE PLAYING CARDS (PLAYING CARDS).
British Diabetic Association
London, British Diabetic Assn. 55 cards, 3 1/2"x2 1/4", col., washable. 1973.
TX364.F629 F68 AV
Childrens games, Classroom games, Diabetes mellitus, Educational games, Instructional materials.
Abstract: These cards are designed for use in teaching carbohydrate, protein and fat values of foods to individuals or groups of diabetic patients. The deck consists of four fat cards representing foods with various amounts of fat, six protein cards representing similar amounts of protein, seventeen carbohydrate cards with food amounts containing five grams of carbohydrate, seventeen carbohydrate cards with food amounts containing ten grams of carbohydrate, and ten cards representing free foods. Directions for playing three games accompany the cards and seem appropriate for intermediate level students and above. Serving sizes of foods pictured are expressed in metric units; foods are named in French, German and English; and the energy values are expressed in calories and kilojoules.

105-75
THE INNOCENT NUTRITION MISINFORMER.
Esther L Brown
Ill Teacher XVII (3): 136-139. Jan/Feb 1974.
LB1025.I4 P68
Bibliographies, Communication (Thought transfer), Food habits, Food misinformation, Health beliefs, Professional education.
Better health through better nutrition issue.
Abstract: Nutrition misinformation can be given in innocence if the informer has not taken time to check his statements, or made sure they come from reliable sources, or made sure the person to whom it is imparted has grasped the point presented. The author of this article uses food habits as an example for which communication is not a completed process, and over which there is often such misunderstanding. Some suggestions for involving the student in obtaining correct information are made. A list of references discussing some of the nutritional controversies of the present is included. For all nutritionists.

106-75
THE EFFECT OF PROCESSING ON THE NUTRITIVE VALUE OF FLESH FOODS.
I H Burgar, C L Walters
Proc Nutr Soc 32 (1): 1-8. May 1973.
389.9 N953
Amino acids, Eggs, Fish, Meat, Processed foods, Protein efficiency ratio.
Abstract: Nutritional changes that occur through curing, heat processing (including canning), freeze-drying and freezing and storage of flesh foods are examined in this paper. This paper is a survey of the latest literature available on the topic. There does not seem to be too much nutritional damage done to flesh foods by commercial processing, but so far no study has been done to ascertain any differences in food values that are caused by domestic handling.

107-75

107-75
KICK THE SWEET SNACK HABIT (COLORING BOOK).
Patty Burgess
Wayzata, Minn., Jack Anderson 20 p. 1974.
TX364.B87 P88
Coloring books, Dental health, Instructional materials, Primary grades, Teeth.
Abstract: This coloring book, for children of the primary grade level, tells a simple story of proper dental care. In it, proper brushing and the use of dental floss are stressed plus the eating of "good snacks" and a general diet based on the Basic Four Food Groups.

108-75
NUTRITION AWARENESS AND COSTS BRING SHIFT IN FOOD BUYING HABITS.
Alleen C Bartis
Cereal Institute, Inc.
Chicago, Ill. 9 p. Sept 1974.
TX393.B9 P88
Breakfast cereals, Dental caries, Food habits, Fortification, Labeling, Nutrients, Nutrition education.
Abstract: This report covers the substantial increase in consumption of ready-to-eat cereals. The social aspects of acceptance of convenience foods are discussed, and listings of nutrients in grain-based foods are given. Fortified breakfast foods are described and natural cereals discussed. It is noted that presweetened cereals are not a cause of dental caries. A brief discussion of nutrition labeling is included.

109-75
OBESITY: A BRIEF OVERVIEW WITH EMPHASIS ON EXERCISE.
R R Bootzin
Fed Proc Fed Am Soc Exp Biol 33 (8): 1948-1951. Aug 1974.
442.9 F319
Nutrient excesses, Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: This paper defines and emphasizes some of the complications of obesity. Management of stored lipid reduction regimens for the obese and prevention of obesity at all ages, preferably the earliest possible age, are emphasized. Reasons for the development and maintenance of obesity are presented as are suggestions for prevention and treatment, particularly with children. Some gaps in knowledge of this disorder are identified. Nutritionists concerned with the problem of weight control in our society will find this discussion of interest.

110-75
FOOD RECORD. Rev. ed. (SPA)
California, Dept. of Health, Division of Public Health Nutrition
Los Angeles County, Calif. single-sheet form printed front and back. Aug 1970.
TX921.C3 1970 P88
Daily records, Diet improvement, Diet information, Food intake, Nutrition progress, Nutritional rehabilitation.
Title of Original: Recuerdo de comida.
Abstract: This is a blank form to be filled out by patients at a hospital, clinic, or other nutrition rehabilitation center. The form calls for information on food intake for three meals and three snacks with spaces for professional staff comments and recommendations.

111-75
WHEN YOU HAVE MORNING SICKNESS OR NAUSEA. (SPA)
California, Dept. of Health, Division of Public Health Nutrition
Los Angeles County, Calif. 8 p. 1966.
RG525.C3 P88
Diet information, Food intake, Gastrointestinal disorders, Meal planning, Pregnancy, Pregnancy diets, Pregnant women.
Title of Original: Cuando sienta usted trastornos o nauseas por las mananas.
Abstract: This leaflet gives advice to pregnant women on what to eat, when to eat, and how to eat if afflicted with morning sickness or nausea.

112-75
SUGGESTIONS FOR THE PATIENT ON A CALORIE RESTRICTED DIET. (SPA)
California, Dept. of Health, Division of Public Health Nutrition
Los Angeles, Calif. unp. Jan 1967.
RM222.2.C33 P88
Calorie-restricted diets, Cooking techniques, Diet information, Food preparation, Home, Therapeutic and special diets, Weight control.
Title of Original: Sugestiones para el paciente en dieta restringida en calorias.
Abstract: People on low-calorie diets must restrict their intake of fatty foods and eat less in general. This leaflet gives tips on what foods to eat and how to cook them.

113-75
SUGGESTIONS FOR THE PATIENT ON A LOW SALT DIET. (SPA)
California, Dept. of Health, Division of Public Health Nutrition
Los Angeles, Calif. single-sheet flyer printed front and back/sa 1967.
RM237.9.C3 P88
Cooking techniques, Diet information, Food preparation, Home, Salt, Sodium-restricted diets, Therapeutic and special diets.
Title of Original: Sugestiones para el paciente en dieta baja en sal.
Abstract: People on a low-salt diet can eat most foods, but without salt seasoning. This leaflet gives tips on what foods to eat and how to cook them.

114-75
GET YOUR CALCIUM FROM THESE FOODS. Rev. ed. (SPA)
California, Dept. of Health, Division of Public Health Nutrition
Los Angeles, Calif. single-sheet flyer printed front and backDec 1970.
TX553.C3C3 P88
Calcium, Diet planning, Diets for special conditions, Food sources, Nutrients, Pregnancy, Pregnancy diets.
Title of Original: Consiga su calcio usando estos alimentos.
Abstract: Expectant mothers need more calcium than usual. This leaflet lists the foods that are good sources of calcium and recommends that pregnant women obtain 1.2 grams of calcium daily.

115-75
PROTECT YOUR FAMILY--LEARN HOW TO FEED THEM PROPERLY. (SPA)
California, Dept. of Public Health, Para Workers Health Service
Berkeley, Calif. unp. 1968.
TX361.C3
Diet information, Family nutrition, Food groups, Food guides, Food sources, Nutrients.
Title of Original: Proteja a su familia--aprenda como alimentarla bien.
Abstract: For a person to be well fed, he must have foods from each of the basic four groups every day. Each group contains foods high in specific nutrients. By eating foods from all four groups, one is assured of a good diet.

116-75
COME ABOARD THE GOOD SHIP VITAMIN C (SLIDES/CASSETTE TAPE).
California, University, Berkeley, Agricultural Extension Service
Richmond, Ca., California Agriculture Extension Service 27 slides, 35mm, col., 1 cassette tape, 6 min. Jan 1973.
TX553.A8C6 P88 AV
Ascorbic acid, Basic nutrition facts, Instructional aids, School children (6-11 years).
Abstract: The history, sources and importance of vitamin C are told through this slide-tape set aimed at children 8 to 10 years old. The audience is encouraged to participate during the showing, and further interest and discussion could easily be sparked.

117-75
GUARD YOUR CHILD'S HEALTH. (SPA)
California (State), Dept. of Public Health, Para Workers Health Service
Sacramento, Calif. unp. 1968.
WA101.C33 P88
Child care, Child nutrition, Children, Education, Exercise, Health care, Health needs, Hygiene, Safety.
Title of Original: Cuide la salud de su hijo.
Abstract: Healthy, happy children need love, nutritious food, medical care, clean and safe surroundings, good hygiene, a good education, and lots of recreation and exercise.

118-75
YOUR HEALTH AND THAT OF YOUR CHILDREN DEPENDS GREATLY ON GOOD DENTAL HEALTH. (SPA)
California (State), Dept. of Public Health, Para Workers Health Service
Sacramento, Calif. unp. 1968.
WX161.C3 P88
Child care, Child nutrition, Dental caries, Dental health, Health care, Health needs, Hygiene, Teeth.
Title of Original: Su salud y la de sus hijos depende mucho del buen estado de sus dientes.
Abstract: Children should learn the habit of good dental care early in their training--brushing after meals, visiting a dentist regularly, and eating the foods that build strong teeth and gums.

119-75
HEALTH CONDITIONS AND SERVICES IN CALIFORNIA FOR DOMESTIC SEASONAL AGRICULTURAL WORKERS AND THEIR FAMILIES: PART I.
California (State), Dept. of Public Health
Calif Health 18 (15): 113-115. Feb 1, 1961.
WA27.I6 P88
California, Government role, Health appraisal, Health needs, Health services, Mexican Americans, Migrant workers, Nutritional status, State government.
Abstract: This is the first part of a condensed version of the report and recommendations made to the governor of California regarding various means for alleviating health problems among migrant farm workers.

120-75
ALL ABOUT THE CALIFORNIA AVOCADO.
California Avocado Advisory Board
Newport Beach, California Avocado Advisory Board leaflet, 4 p., illus. 1970.
SB379.A9C3 P88
Avocados, Calculated nutrient content, Food preparation, Meal planning, Tropical fruits.

Abstract: This leaflet is full of tips to help the consumer fully enjoy the avocado. Suggestions are made for selecting, storing and ripening the fruit at home, directions are given for preparing avocados, and serving suggestions are included for breakfast or brunch, luncheon or light supper, dinner, and parties and snacks. The nutritional contributions of this food are listed and some historical facts of interest are given.

129-75
EAT WELL BUT EAT WISELY TO REDUCE THE RISK OF HEART ATTACK. (SPN)
California Heart Association
Los Angeles County, Calif. nnp. July 1970.
RC684.C3 P8N
Cardiovascular disorders, Diet information, Diet planning, Food guides, Preventive nutrition.
Title of Original: Coma bien pero coma con prudencia para reducir el riesgo de un ataque cardiaco.
Abstract: Risk of heart attack increases with increases in dietary cholesterol and saturated fat. Vegetable fats should be substituted for animal fats, and cholesterol-rich foods (eggs, shellfish, organ meats) should be eaten only occasionally.

122-75
THE USE AND ABUSE OF MULTI-VITAMIN PREPARATIONS.
J A Campbell
Calcium 7 (3): 87-93. June 1974.
QL1740.A1C3
Nutrient functions, Nutrient values, Nutrients, Supplements (Nutrient), Vitamins.
Abstract: In this paper the author reviews the use and abuse of vitamin-mineral preparations and looks at the problem from several vantage points. The need for a daily allowance of nutrients provided by a varied diet is first briefly explained. It is stressed that vitamin supplements are not cure-alls but alleviate conditions caused only by vitamin deficiency. Supplements are recommended for those who cannot or do not consume a varied diet and it is stressed that supplements replace specific nutrients in food but not all factors and trace elements that may exist and have or have not yet been determined. It is an abuse to promote the idea that high levels of vitamins are beneficial without clear evidence that this is the case or to promote substances which have no known function in human nutrition. As vitamin supplementation is a common concern of the consumer, nutritionists and others concerned with consumer education should understand the principles expressed in this paper.

123-75
EATING, LOVING, AND DYING.
Daniel Cappon
Toronto, University of Toronto Press 118 p. 1973.
RC628.C32 P8N
Cultural factors, Diets, Food preferences, Food quackery, Obesity, Psychological aspects, Weight control.
Extract: This book is about eating and weight, about loving in its broadest and most restricted senses, about life and death. More particularly this book is about why we eat and what happens when we eat too much or too little. The excessive increase or decrease in weight from what we consider normal may result from a multitude of factors, often in combination. This book will attempt to tear apart these tangled threads and lay each strand separate so that we may examine it in isolation and also as part of the interwoven matrix.

124-75
THE VERY HUNGRY CATERPILLAR.
Eric Carle
Cleveland, Willian Collins & World 22 p., illus. [n.d.].
QL544.2.C3 P8N
Children, Childrens stories, Foods, Growth, Preschool children (2-5 years).
Abstract: This child's illustrated book tells the story of a caterpillar who ate through a number of foods until he was able to spin a cocoon and finally become transformed into a butterfly. Several foods are pictured on this journey including fruits, meats, cheese, a pickle, pies, cakes and candy. Also introduced are the days of the week and possible counting situations. Those working with preschool and primary level children will find this book of possible supplementary interest.

125-75
VARIETY OF BREAKFAST CEREAL TYPES MEET TODAY'S NUTRITIONAL NEEDS.
Cereal Institute, Inc.
Chicago, Ill. 6 p. [n.d.].
TX733.V3 P8N
Breakfast cereals, Food cost, Food preferences, Labeling, Nutrients, Nutrition education.
Extract: A wide choice of ready-to-eat and hot cereals is available. All supply significant amounts of certain essential nutrients whether whole-grain, enriched or fortified products are selected. The nutritional facts about each cereal are given on the individual product package.

126-75
BIG SHIFT IN NATION'S BREAKFAST DIET REPORTED.
Cereal Institute, Inc.
Chicago, Ill. 2 p. Aug 1974.
TX733.B5 P8N
Breakfast cereals, Food cost, Food habits, Fortification, Nutrients, Nutrition education.
Abstract: This information release cites the increase in sales of prepared cereals, and the drop in sale of eggs, pork, and beef during 1973. The increase in cereal consumption is attributed to rising food costs and a new awareness of nutrition.

127-75
READ LABELS AND GET A BETTER BREAKFAST.
Cereal Institute, Inc.
Chicago, Ill. 3 p. Aug 1974.
TX733.R4 P8N
Breakfast cereals, Carbohydrates, Minerals, Nutrients, Proteins, Recommended Dietary Allowances, Vitamins.
Abstract: This information release reviews protein, carbohydrate, and vitamin and mineral content of cereals and lists similar content of other foods to assist in getting minimum daily requirements of nutrients.

128-75
SCIENTIFIC STUDIES PROVE CEREALS DON'T CAUSE CAVITIES, ARE VITAL IN NATION'S DIET.
Cereal Institute, Inc.
Chicago, Ill. 4 p. Aug 1974.
RK61.S3 P8N
Breakfast cereals, Child nutrition, Dental caries, Fortification, Nutrients, Research.
Abstract: This information release cites several studies which show that breakfast cereals are not related to dental caries. The nutrient content of prepared cereal is reviewed.

129-75
THE ROLE OF PRESWEETENED BREAKFAST CEREALS IN THE AMERICAN DIET.
Cereal Institute, Inc.
Chicago, Ill. Aug 1974.
TX393.R6 P8N
Breakfast cereals, Child nutrition, Dental health, Fortification, Nutrients, Recommended Dietary Allowances, Research
Extract: This brief report provides information on their role in encouraging breakfast consumption; their nutritional value; and current research findings on their effect on dental health.

130-75
CHILDHOOD MORTALITY IN THE AMERICAS.
W H O Chron 28 (6): 276-282. June 1974.
449.9 W892
Infant diets, Infant feeding, Infants (To 2 years), International programs, Mortality, Neonatal mortality, Pregnancy, Pregnant women
Abstract: This paper, of interest to nutritionists and related professionals, describes the investigation and findings of the Inter-American Investigation of Mortality in Childhood. The overall goal was to provide health authorities with reliable data to serve as a basis for action and to show the interrelationship of underlying and associated causes of death. Methods and personnel employed in obtaining data are described. Findings pinpoint factors that are many and complex including infectious diseases, malnutrition and lack of sanitation as prominent causes of excessive childhood mortality. Health status of mothers before and during pregnancy and lack of pregnancy planning also are major factors. Recommended actions call for improved care to individual families involved, continued participation of health science institutions in such research and further research in the cause and epidemiology of disease with refined research techniques.

131-75
SOME EFFECTS OF BREAKFAST CEREALS ON CARIES IN RATS.
B B Chosng, B G Bibby, F L Losee
J Dental Res 52 (3): 568-597. May/June 1973.
WU1.J6 P8N
Breakfast cereals, Dental caries, Dental health, Sugar, Teeth
Abstract: This article reports on a study in which three types of ready-to-eat cereals were fed for 28 days as 10% or 64 of the diet of rats. Results revealed a lack of correlation between sugar content and caries activity and suggests that this finding is the result of mineral or other cereal components that also were responsible for giving relatively parallel results in vitro tests of enamel dissolution. No definite conclusions could be drawn in respect to the nutritional status of the rats and caries. This report may be of interest to those involved in dental and nutritional care and education particularly for children who reportedly eat many cereal products.

132-75
NUTRITION FADS: FINDINGS AND FACTS.
Arlene Christianson
What's New Home Econ 36 (7): 35-36. Oct 1972.
321.8 W55
Deficiency diseases and disorders, Food additives, Food fads, Nutrition education, Organic foods, Zen macrobiotic diet.
Extract: Nutritionists, naturally, are concerned about some of the new restricted diet cults. The all-grain or cereal diet recommended by the Zen Macrobiotic group is deficient. Since meat is the principal source of high quality protein for most people, anemia is a probable consequence of the macrobiotic regime. There are, indeed, documented cases of scurvy, and even death, resulting from adherence to such a diet. It is

133-75
frightening that the Zen philosophy claims that adherence to its strict diet can cure problems ranging from epilepsy to appendicitis.

133-75
RECENT FOOD CONSUMPTION SURVEYS AND THEIR USES.
Faith Clark
Fed Proc Fed Am Soc Exp Biol 33 (11): 2270-2274. Nov 1974.
442.9 F31P
Food consumption, Food data sources, Food habits, Food preferences, Nutrition.
Abstract: Studies of food composition date from the end of the last century with the same basic procedures being carried out today. Information on food quantities and costs, and on the number, age, and sex of people eating the food is collected; the nutrient content of diets is then calculated and compared to recommended amounts. Modern techniques assure that results are representative of population groups surveyed. The surveys have been widely used in estimations of the nutritional adequacy of diets, in studies of the relative economy of food, in education and action programs, in the development and updating of the USDA food budgets, in estimation of the effects of different levels of enrichment and fortification of foods, and in other control and regulatory work. Much research in economics, marketing and nutrition has also depended on thisdata.

134-75
BE SLIM & HEALTHY: HOW TO HAVE A THINNER BODY THE NATURAL WAY.
Linda A Clark
New Canaan, Conn., Keats Pub. 163 p. [1973,c1972].
RM222.2.C5 (A Pivot original health book)
Diets, Weight control, Weight reduction.
Available from NAL.

135-75
MEXICAN-AMERICAN AGED IN SAN FRANCISCO: A CASE DESCRIPTION.
M Clark, M Wendelson
Gerontologist 9: 90-95. 1969.
SH1451.A1G4 P8M
Aging, Case studies, Elderly (65 + years), Mental health, Mexican Americans, Psychological aspects, San Francisco, Social factors.
Abstract: Most elderly persons of Mexican descent come from rural areas or semi-rural villages in Mexico where the economy was not industrialized or mechanized and where the feudal character of the family, church, and community are strongest. This paper describes the history and life style of Senora Chavez, a hardy, active, 71-year-old who is constantly "on the go" and deeply involved with other people. She is relatively unacculturated, manifesting more Mexican than Anglo cultural patterns. Her pride, power, and matriarchal freedom is, however, purchased at some psychological cost to her children, who tend to remain semi-dependent to age 40 or 50. The Anglo pattern is the reverse of this: the elderly becoming dependent to "purchase" the psychological freedom of their adult children.

136-75
FOOD CHOICES OF INSTITUTIONALIZED VS. INDEPENDENT-LIVING ELD.
Mary Clarke, Lucille M Wakefield
J Am Diet Assoc Food choices of institutionalized vs. independent-living el. June 1975.
389.8 AM3A
Elderly (65 + years), Food habits, Kansas, Nursing homes, Nutrient intake, Nutritional states.
Extract: Nursing home residents more frequently change food habits than independents; perhaps because the former have fewer food choices. Nursing home foodservice workers might improve residents' nutrient intakes by adjusting menus and preparation techniques to conform more closely to the residents' food preferences.

137-75
EDUCATION FOR BETTER BREAKFAST.
Jill D Cohen
Forecast Home Econ 20 (9): 55, 57. May/June 1975.
321.8 N752
Child nutrition, Consumer education, Food habits, Menu planning, Nutrition education, Student involvement.
Abstract: A nutrition instructor describes her methods and objectives. Student involvement is of major importance. They design and plan menus using cartoon characters. Consumer awareness can result from carry-over to the parents, and thus enhance consumer awareness in Kenilworth, New Jersey, which now is experiencing high unemployment.

138-75
ALICE LEARNS ABOUT IRON. (SPA)
Colorado, University Medical Center, Migrant Nutrition Education Project
Jacksonville, Fla. Single-sheet flyer printed front and back. 1971.
TX553.IRC6 P8M
Cartoons, Diet improvement, Diet information, Food sources, Iron, Meal planning, Nutrition education.
Title of Original: Alicia aprende de hierro.
Abstract: In this cartoon strip, Alice, a housewife whose family is anemic, is asking a friend about foods that contain iron. The friend explains that although beans, raisins, greens, tortillas, and eggs all contain some iron, the very best sources of iron are liver and enriched cream of wheat.

139-75
CONFERENCE ON EDUCATION IN NUTRITION - LOOKING FORWARD FROM THE PAST, 1974.
Columbia University, Teachers College
New York, Columbia University Teachers College 50 p. 1974
TX364.C65 P8M
Concepts, Educational objectives, Educational planning, Effective teaching, Nutrition, Nutrition education.
Abstract: This publication is a revised edition of the Proceedings for the Conference on Education in Nutrition held in February, 1974 at Teachers College, Columbia University. In it the conference objectives, concepts and and recommendations are outlined and presentations given on on "Our nutrition heritage", "Planning and evaluating nutrition education programs", and "Directions in education in nutrition - 1974 and beyond" are presented along with summary reports of the discussion groups. Those concerned with nutrition education should find this information and these recommendations of particular interest.

140-75
GUIDE TO SELF-CARE IN DIABETES.
Comprehensive Education and Detection in Diabetes Project
Lincoln, The Nebraska Regional Medical Program 113 p. 1974.
RC662.C6 P8M
Diabetes mellitus, Diabetic diets, Diets, Instructional aids, Instructional materials, Therapeutic and special diets.
Abstract: This guide in diabetes is written for the professional who is instructing the diabetic patient and for the patient to use at home. Much of the information is given in simplified question and answer format supported by an additional lengthier response to each question for further detail. Topics covered include the nature of diabetes, meal planning, urine testing, insulin goals, management and control, and further resources. Four of these sections include check lists to add professional staff in checking the patients understanding. Of special interest to school personnel is the resource entitled "What school personnel should know about the student with diabetes".

141-75
HELPFUL IDEAS FOR WEIGHT CONTROL FOR SPANISH SPEAKING PEOPLE (SPA)
Contra Costa County, Dept. of Health, Division of Community Health Services, Nutrition Section
Contra Costa County, Calif. single-sheet flyer printed front and back. July 1970.
RM222.2.C63 P8M
Calorie-restricted diets, Diet information, Diet planning, Meal planning, Weight control.
Title of Original: Ideas ayudables para controlar el peso para los que hablan espanol.
Abstract: To lose weight, all foods should be eaten but in smaller amounts. Meats, fruits, vegetables, milk products, and cereal products are necessary to maintain health. A tasty low-calorie snack can be made from tomato juice, cucumbers, green pepper, and beef or chicken broth.

142-75
CONTROVERSY REVIVES OVER VITAMINS C AND E.
CRI Weekly Rep 4 (42): 7-8. Oct 24, 1974.
TX341.C6 P8M
Ascorbic acid, Fat-soluble vitamins, Nutrient functions, Therapeutic nutrition, Therapeutics, Vitamin E.
Abstract: This article reports on current controversy surrounding vitamins C and E. A study is presented which shows vitamin C is helpful in reducing the severity of cold symptoms but is countered by concerns of possible side effects from these intakes. Vitamin E was reported to prolong cell life in tissue culture which is expected to have an immediate impact on cell research. No recommendations are made to suggest individuals consume more than the RDA for the nutrient. This report should interest nutritionists and other food professionals who want to keep current on the proposed therapeutic value of these vitamins.

143-75
THE NUTRITIONAL VALUE OF FROZEN FOODS: PART 2 THE COMPOSITION OF FROZEN FOODS.
D J Cook
Br Nutr Found Bull 9: 42-56. Sept 1974.
TX341.B7 P8M
Food preparation, Frozen foods, Nutrient quality, Nutrient quality determination, Nutritional quality.
Abstract: This paper examines the consequences of the freezing - storage - thawing sequence on the nutritional quality of food. Biochemical effects on lipids, proteins and nucleotides in animal foods are presented along with effects on ascorbic acid, pigments and folate in plant food. Also included is a review of the more significant compositional data available. Although the paper is critical of these data because of problems in analytical methodology, nutritionists will find this report of interest.

144-75
DIETARY FACTORS AND ATHEROSCLEROSIS: PREVENTION SHOULD BEGIN EARLY.
Joyce E Corey
J Sch Health XLIV (9): 511-513. Nov 1974.
LB3401.J6 P8M
Adolescents (12-19 years), Atherosclerosis, Cardiovascular disorders, Cholesterol-low diets, Lipids.

Abstract: This article for school health officers and other health professionals describes a study in which blood cholesterol levels of adolescent males in a boarding school were promptly lowered 15 percent by modifications in their diet lipid intakes. The diet modifications were practical and acceptable, and reduced fat intake to less than 35 percent. That such a diet can lower risk of atherosclerosis is demonstrated by another study cited, in which a similar dietary regimen reduced mortality from coronary heart disease *up to 50 percent* when fed to adults for six years.

145-75
FOOD CHOICES OF WOMEN.
Barbara A Cooper, Lucille M Wakefield
J Am Diet Assoc 66 (2): 152-155. Feb 1975.
389.8 AM34
Academic achievement, Attitudes, Cultural factors, Females, Food habits, Food selection, Motivation, Nutrition knowledge, Socioeconomic influences.
Extract: The subjects' attitudes toward accepting a new food were evaluated by ascertaining the degree of influence exerted by other people. Factors that motivated a person's food selections included personal and family preference, taste, cost, nutritional value, caloric content, preparation required, and appearance and uniqueness of the food. Respondents' reasons for choosing each of six categories of foods are reported.

146-75
OBESITY AND ITS MANAGEMENT. 2d ed.
Denis Craddock
Edinburgh, Churchill Livingstone 205 p. 1973.
RC628.C7 1973 FSH
Child nutrition, Diabetes mellitus, Diets, Drugs, Etiology, Exercise, Obesity, Pregnancy, Weight reduction.
Abstract: Among the topics discussed are treatments of obesity through diet, exercise and drugs and the results of treatment. A classification of obesity is supplied as well as a listing of clinical types. Weight problems in pregnancy, during childhood and in diabetes are discussed.

147-75
THE RELATION OF SIZE AT BIRTH AND PRESCHOOL CLINICAL SEVERE MALNUTRITION.
J Cravioto, E R Delicardie
Acta Med Scand 63: 577-580. 1970.
R5.A2 FSH
Body measurement, Deficiency diseases and disorders, Infants (To 2 years), Malnutrition, Preschool children (2-5 years).
Abstract: In this study 334 infants, of which 22 developed severe malnutrition, were followed biweekly with growth failures identified, infectious illness treated, and the parents given advice (which they did not follow) on the appropriate feeding and care of the child. Mean weight, length, head, chest and arm circumferences and skinfold thickness at birth were almost identical between the group of index cases and the whole birth cohort. No association obtained between size at birth and age at which severe malnutrition occured. The hypothesis that infants with presumably higher nutritional requirements are at greatest risk of developing severe malnutrition is not sustained by the data. Those concerned with nutritional status during early childhood will find these results of interest.

148-75
NUTRITIONAL ASSESSMENT IN HEALTH PROGRAMS.
George Cristakis
Washington, American Public Health Assoc., Inc. 92 p. Nov 1973.
TX364.N829 FSH
Adolescents (12-19 years), Adults, Elderly (65 + years), Infants (To 2 years), Nutritional status, Pregnant women, Preschool children (2-5 years), School children (6-11 years).
Abstract: This collection of articles is divided into two parts: methodology and life cycles. The first, methodology, covers community, clinical, and laboratory methods. The second, life cycles, covers assessment of all age groups from infant to elderly. Data sources are listed and a glossary of nutritional terms is supplied.

149-75
HEMOCHROMATOSIS.
William B Crosby, M Therese Southgate
J Amer Med Assoc 228 (6): 783-752. May 6, 1974.
448.9 AM37
Blood diseases, Iron, Iron balance studies, Tests.
Abstract: In this report several aspects of hemochromatosis are discussed. A clinical case is presented and symptoms are outlined. As background information the normal mechanism for controlling the absorption, excretion and transport of iron are reviewed. Steps of progression in the disease's development are noted and symptoms and diagnostic tests are outlined. Treatment by phlebotomy is advised. This report is of primary interest to physicians but will also interest nutritionists and related health professionals.

150-75
SERUM IRON LEVELS IN OSTENSIBLY NORMAL PEOPLE.
William J Crosby, Vilas F Likbite, Joseph F O'Brien
J Amer Med Assoc 227 (3): 310-312. Jan 21, 1974.
448.9 AM37
Analytical methods, Blood analysis, Blood disorders, Iron, Liver diseases.



Abstract: This study, published in a journal for physicians, was undertaken to determine if high serum iron values found in ostensibly normal people appeared consistently, if so to what extent, and to establish, if possible, the significance of these abnormalities. Materials and methods used are discussed. Results comparing serum iron values from the preliminary study and the current study revealed high values in 5-6% of the group at each study. Retesting these individuals did show *that some had values within the normal range, but only above* were less than 160 mcg with the normal being 60 mcg to 200 mcg. A high incidence of other abnormalities was found in the group with high serum iron concentrations. The significance of elevated serum iron levels couldn't be evaluated on the basis of this experiment and therefore further investigation is recommended so that it can be learned how to interpret this potentially valuable reading properly.

151-75
FOCUS ON NUTRITION IN FAMILY DAYCARE.
Natalie Crowe, Barbara Pine
Nutr News 38 (2): 7. Apr 1975.
389.8 N957
Child care workers, Child nutrition, Day care services, New York (State), Nutrition aides, Nutrition education, Preschool children (2-5 years).
Abstract: This article describes efforts to reach daycare providers in New York State and offer instruction in nutrition to these and the children they care for. Cooperative Extension nutrition aides are active in this area.

152-75
PROGRESS REPORT, DIETARY FIBRE.
J H Cummings
Gut 14: 69-81. 1973.
R11.G8 FSH
Atherosclerosis, Cancer, Carbohydrates, Chemical properties, Digestive tract, Fiber, Gastrointestinal disorders.
Abstract: Dietary fiber is a heterogeneous group of carbohydrates, not all of which is unavailable to one who eats it. This article for gastroenterologists and other health professionals reviews present knowledge of the role of dietary fiber in gastrointestinal function generally and in disease. Data presented include its physical effectson the digestive tract, chemical properties, effects on digestibility of other diet components, and its possible relations to colonic cancer, atherosclerosis, and gastrointestinal disorders.

153-75
CURRENT STATUS OF JEJUNO-ILEAL BYPASS FOR OBESITY.
Nutr Rev 32 (11): 333-336. Nov 1974.
389.8 N953
Obesity, Surgery, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This review, of interest to nutritionists and other health professionals, discusses the results of the jejunoileal bypass for the treatment of obesity and analyzes some of the current theories as to the cause of its complications. Surgical procedures utilized are outlined along with a criteria for patient selection. Metabolic consequences of the procedure are reviewed and it is emphasized that the procedure is associated with a disturbingly high rate of serious hepatic dysfunction. The etiology of this dysfunction is not clear and careful experimentation is required to clarify a means of prevention.

154-75
CURRENT TOPICS IN FOOD AND NUTRITION--1970 RELATED TO: WATER, VEGETABLE PROTEINS, MICROBIOLOGICAL PRODUCTION OF FOOD, AND CONNECTIVE TISSUE; PROCEEDINGS OF A WORKSHOP, THE UNIVERSITY OF IOWA, 1970.
Iowa City, The University of Iowa 269 p. 1970.
TX353.C8 FSH
Atherosclerosis, Developing nations, Food preservation, Frozen foods, Nutrients, Nutrition, Proteins, Water.
Abstract: These proceedings are from the 1970 summer workshop on current topics in food and nutrition. The pattern followed for the workshop included a presentation of a general discussion of a basic scientific subject followed by papers showing the application of that subject to certain topics of current interest is food and nutrition.the general subjects chosen for the 1970 workshop were water, vegetable proteins, microbiological production of food and connective tissue. Speakers came from industry, universities, government laboratories, and a consortium of scientific societies.

155-75
THE HOT-COLD SYNDROME AND SYMBOLIC BALANCE IN MEXICAN AND SPANISH-AMERICAN FOLK MEDICINE.
R L Currier
Ethnol 5: 251-263. 1966.
GN1.E8 FSH
Cultural factors, Diet patterns, Food beliefs, Food habits, Food preferences, Food symbolism, Foodways, Mexico, Spanish Americans.
Extract: This article consists of a theoretical and philosophical discussion of the Latin-American folk classification of foods and diseases as "hot" and "cold". The categorization of foods into these classifications by villagers in Michoacan, Mexico, are presented.

156-75

156-75
HEALTH IN PUERTO RICO. (SPA)
J M Cart
San Juan, P.R. 110 p. May 1972.
WA4 7.C8 P69
Demography, Health appraisal, Health needs, Health services, Public health, Public health programs, Puerto Rico, Research, Statistical data.
Title of Original: La salud en Puerto Rico.
Abstract: This study gives a brief review, with supporting statistical tables and graphs, of public health conditions in the Commonwealth of Puerto Rico.

157-75
NUTRITION FOR THE PRESCHOOL CHILD. (SPA)
Dade County, Dept. of Health
Dade County, Fla. reproduced single-sheet flyer, printed front and back. [n.d.]
TX361.C5 D3 P69
Diet information, Diet planning, Meal planning, Nutrient requirements, Preschool children (2-5 years).
Title of Original: La alimentacion del nino pre-escolar.
Abstract: Preschool children, because of their rapid growth and high energy levels, need specially tailored diets. Children from 13 months to 6 years of age should be fed daily portions of milk; fruits and vegetables; meat, fish, or eggs; bread and cereals; butter or margarine; and extra amounts of vitamin D.

158-75
EAT WELL AND DON'T GAIN WEIGHT. (SPA)
Dade County, Dept. of Public Health, Maternity and Infant Care Project
Miami, Fla. unp. [n.d.]
WA222.2.A32 P69
Calorie-restricted diets, Diet information, Pregnancy, Pregnancy diets, Pregnant women, Weight control.
Title of Original: Coma bien y no cane peso.
Abstract: Pregnant women who tend to gain weight should eat a low-salt diet of about 1500 calories. This pamphlet describes such a diet.

159-75
A 1500-CALORIE DIET FOR THE NON-PREGNANT WOMAN. (SPA)
Dade County, Dept. of Public Health, Maternity and Infant Care Project
Miami, Fla. single-sheet flyer printed one side only. Oct 1970.
TX361.W7 D3 P69
Calorie-restricted diets, Diet information, Food guides, Meal planning, Weight control.
Title of Original: Dieta de 1500 calorias para la mujer no embarazada.
Abstract: This pamphlet lists the amount of food from each of the food groups that meets a 1500-calorie intake.

160-75
A NEW PROPOSAL FOR NUTRITION EDUCATION: AN ANTHROPOLOGICAL PERSPECTIVE.
Ida Dawn
Caianus 7 (3): 99-107. June 1970.
TX360.A1C3
Anthropology, Education, Family nutrition, Nutrition education, Social sciences, Social studies.
Abstract: With malnutrition and gastroenteritis major problems with infants and young children in most developing countries, nutrition education directed primarily toward mothers has been one effort toward prevention. Past results have been disappointing, which this author attributes to the maternal emphasis, and suggests instead the inclusion of men, those with the most potential for relieving the situation, in nutrition education programs. The observations described in this paper are some initial results from an on-going dissertation project, designed to better identify the commonly shared problems of families with malnourished children. And to what extent these problems can be relieved, and perhaps eliminated, by non-medical means. Since men appear to have a very significant role in determining nutritional status of the family, approaches to nutrition education for men are generally and briefly discussed. Those in nutrition education will find this information relevant.

161-75
PHYSIOLOGICAL RESPONSES TO EXERCISE IN EAST AFRICAN CHILDREN, I. NORMAL VALUES FOR RURAL AND URBAN BOYS AND GIRLS AGED 7-15 YEARS, II. THE EFFECTS OF SCHISTOSOMIASIS, ANAEMIA AND MALNUTRITION.
C T M Davies
J Trop Pediatrics Environ Child Health 19 (2): 169-179. June 1973.
RJ1.A136 P69
Africa, Anemia, Exercise, Malnutrition, Oxygen consumption, Parasitic infections, Physical fitness, Professional education, School children (6-17 years).
Abstract: In this pair of papers for the professional nutritionist, the author compares the performance of healthy school children in Tanzania, East Africa on a bicycle ergometer with that of children found on survey to be suffering from malnutrition, anemia, or parasitic infection with the schistosome. Despite differences in body size from that of Western children, the healthy East African school children had comparable oxygen consumption to that of Europeans in the test. In comparison, the children with anemia and those otherwise malnourished showed markedly inferior physiological performance. Infection with the organism that causes Bilharzia (schistosomiasis) had no deleterious effects on physical performance.

162-75
COFFEE AND CARDIOVASCULAR DISEASE.
Thomas R Dawber, William B Kannel, Tavia Gordon
New Engl J Med 291 (17): 871-878. Oct 24, 1974.
448.8 N642
Cardiovascular disorders, Coffee, Congestive heart failure, Coronary heart disease, Non-alcoholic beverages.
Abstract: This report, published in a medical journal, is intended to clarify the relation between coffee intake and atherosclerotic cardiovascular disease on the basis of an analysis of the most recent data from the Framingham Study. Coffee drinking was studied in relation to total coronary heart disease, angina pectoris, myocardial infarction, sudden death, and death from all causes. A statistically significant increase in risk with increasing coffee consumption was observed only in the category "death from all causes" and this relation could be accounted for by the association between coffee consumption and cigarette smoking. It was concluded that coffee drinking, as engaged in by the general population, is not a factor in the development of atherosclerotic cardiovascular disease.

163-75
ASCORBIC ACID AND LONG-TERM ANTICONVULSANT THERAPY IN CHILDREN.
K P Dawson, Anne Duncan
Am J Ment Def 33 (3): 315-318. May 1975.
389.8 A773
Ascorbic acid, Children, Deficiency diseases and disorders, Drugs, Supplements (Nutrient).
Abstract: Measurement of leucocyte ascorbic acid status of 48 children--long term hospital patients--29 of whom were on anticonvulsant therapy, and the remainder untreated, revealed no significant difference in levels of ascorbic acid.

164-75
DIGESTIBILITY OF STARCHES IN INFANTS AND CHILDREN
R De Vizia, F Ciccimarra, R DeCicco
J Pediatrics 86 (1): 50-55. Jan 1975.
RJ1.A853
Carbohydrates, Digestion, Digestion and absorption, Infant diets, Infant feeding, Infants (To 2 years), Starch.
Abstract: In this study the digestibility of various starches has been studied in normal infants of different ages by measuring, in balanced periods of three days, the fecal content of lactic acid, glucose, dextrins, and starch and by relating the quantities excreted to the starch content of the diet. Wheat, potato, tapioca, corn, and rice starches were measured with materials and methods used described. It was found that it should be possible to provide a large part of the carbohydrate requirements of infants from the first month of life with cooked starches. Pediatricians and others concerned with child nutritional care will find this report of interest.

165-75
TIPS ON KEEPING CANDY FROM KIDS.
Barbara B Deskins
Alive Coll 7 (2): 32-33. June 1970.
P11.A8 P69
Candy, Carbohydrate-rich foods, Child nutrition, Commercial food service, Nutrition education, Vending machines.
Abstract: Although eliminating candy from the diet of a child is not a realistic goal, several approaches can minimize candy intake and are described in this article. These approaches include limiting its availability in the home, providing acceptable alternate choices at home and in vending machines in schools, and stressing early childhood nutrition education. The use of candy as a reward or pacifier is also discouraged since if used to promote good behavior candy is elevated even higher on the child's list of desirable foods. Those concerned with the nutritional care of children will find this article of interest.

166-75
EVERYONE'S GUIDE TO BETTER FOOD AND NUTRITION.
Barbara B Deskins
Middle Village, N.Y., Jonathan David 173 p. 1975.
TX353.D4 P69
Basic Four, Basic nutrition facts, Dictionaries, Food composition, Food guides, Therapeutic and special diets.
Abstract: The author, a nutritionist, briefly presents some basic nutrition facts about diets, advocating the use of the Basic Four as a diet guide. Topics discussed include: calorie allowances for adults, the Basic Four food group plan, nutrients, food processing, food additives, food substitutes (non-nutritive sweeteners, margarine and ice cream), food fadism, modified diets (low fat, low cholesterol, low sodium, low purine, and gluten-free diets). The remainder of the book is organized in dictionary form, providing a description of "most popular foods". Each entry usually gives a historical comment, geographical location of supplies, recommendations for exclusion for specific diets ("...should probably not be included in the diet of those people who are restricting their sodium intake because of high blood pressure or kidney disorders," is an example), and nutrient content (calorie, carbohydrate, protein and fat values as well as information about major vitamins and/or minerals in the food).

167-75
GEOPHAGY (DIRT EATING) AMONG MISSISSIPPI NEGRO SCHOOL CHILDREN.
A Dickens, E B Ford
Soc Sci Quart 7: 59-65. 1962.
280.8 A837
Children, Cultural factors, Diet patterns, Disadvantaged youth, Food habits, Geophagy, Mississippi, Negroes, Rural areas.
Extract: In a study of rural Negro school children it was found that the children eat clay soil. The practice is not restricted by age or sex, but a significantly larger number eat dirt if they are allowed fewer rich foods. The children themselves think it is a cultural practice, like dipping snuff

168-75
THE GOOD FOOD UNIT (WALL CHART).
Didactron
Ann Arbor, National Health Systems 1 chart, 16 3/4"x22 1/2", col. washable. 1974.
TX364.G63 F6W AV
Basic nutrition facts, Cholesterol, Food classification, Food groups, Saturated fat, Sugar.
Abstract: This poster stresses variety in food selection for achieving a balanced diet. The back of the poster offers "some thoughts for food" on various aspects of diet including the role of snacks, processed and convenience foods, fast foods from franchised outlets, food additives, salt, and health foods, as well as a brief discussion on each of the six classes of nutrients. The front pictures about 275 food items which are color coded into three categories of varying "desirability for your heart" and grouped into seven food groups. Several items are also labeled excessive in saturated fat, cholesterol and refined sugar. Portion size is not discussed and the reader is simply advised to eat something from each of six groups each day. It is designed for individual use and is appropriate for the intermediate level student through adult.

169-75
VITAMINS - MINERALS (CASSETTE TAPE).
Diet Teaching Programs
Wichita, The Diet Teaching Programs 1 cassette tape, 10 min. 1974.
TX553.V5V57 F6W AV
Basic nutrition facts, Instructional aids, Instructional materials, Minerals, Nutrient sources, Vitamins.
With booklet and questionnaire.
Abstract: This tape and booklet, designed primarily for elementary school age children, attempts to teach function. Requirements, and food sources for calcium, iron, vitamin A, thiamin, riboflavin, niacin, and vitamin C individual nutrient requirements and the amounts of nutrients in foods are given in terms of nutrient points, a system designed for ease in comparison of nutritive values. The worksheet included gives practice in determining the number of nutrient points found in different amounts of various foods and also includes directions for a game requiring the listing of food sources for various nutrients.

170-75
NUTRITION FOR THE MOTHER-TO-BE (CASSETTE TAPE).
Diet Teaching Programs
Wichita, The Diet Teaching Programs 1 cassette tape, 8 min. 1974.
TX361.P7N83 F6W AV
Amino acids, Basic nutrition facts, Food groups, Instructional aids, Instructional materials, Nutrient sources, Pregnancy and nutrition, Pregnancy diets, Pregnant women.
With leaflet.
Abstract: This tape presents information on evaluating food intake and gears this presentation to the pregnant woman. It advocates seeking the advice of a physician on questions of weight gain and salt intake, but does emphasize the need for extra foods during pregnancy. The plan proposed is of discovering nutrient deficiencies in the dietary pattern and referring the individual to various charts in the leaflet which list foods high in these particular nutrients. Tape time as well as leaflet space is also devoted to a discussion of the amino acid content of food and directions for complementary protein selection. Good nutrition as a component of preventive medicine is also stressed.

171-75
EVALUATING A FOOD INTAKE (CASSETTE TAPE).
Diet Teaching Programs
Wichita, The Diet Teaching Programs 1 cassette tape, 16 min. 1974.
TX353.E92 F6W AV
Dietary study methods, Evaluation, Evaluation methods, Food intake, Food intake determination.
With 2 leaflets, 2 booklets and questionnaire forms.
Abstract: This tape and accompanying material offer guidelines to the professional in evaluating nutrient intakes of clients. The plan involves the use of a questionnaire to obtain information on a typical daily food intake including kinds of food, amount, and preparation method. The foods are then classified into food groups, listed, and tallied. This total is converted into specific nutrient points, which are totaled and compared with the required number of points needed by the individual, thus identifying deficiencies in the diet. The client is instructed to eat foods containing these needed nutrients using instructional materials appropriate for the client. Possible materials are discussed. A worksheet is included for individual practice in diet evaluation and directions and correct results are given in the tape.

172-75
DIETARY FIBER AND DISEASE.
NUTRAN p. 4-5. Oct/Nov 1974.
TX341.N82 F6W
Consistency modifications, Dietary factors, Disease prevention, Fiber, Fiber-restricted diets.
Abstract: This article briefly discusses the relationship of dietary fiber and disease, particularly the disease diverticulitis. The hypothesis that many noninfectious diseases, and especially diverticulitis, found in Western society are related to the lack of dietary fiber in the diet is proposed. Current thinking to the development of diverticulitis and its consequent treatment is also presented. The incidence of this disease has increased in the United States and as a prudent preventive measure increased consumption of dietary fibers is suggested. The relationship of dietary fiber to other disease is mainly speculative at this point. Those interested in this aspect of the typical Western diet may find this article of interest.

173-75
THE LOW SALT UNIT (WALL CHART).
Dietor Systems
Ann Arbor, Dietor Systems 1 wall chart, 16 3/4"x22 1/2", col.1974.
QP535.N2L6 F6W 1V
Mineral modifications, Salt, Salted foods, Sodium, Sodium-restricted diets.
Abstract: This poster, designed for individual use by patients on low salt diets, presents over 200 food items color coded into four categories of varying sodium content. The sodium levels for an average serving of foods in the four categories are: up to 30 mg, up to 150 mg, up to 300 mg, and up to 1500 mg. The foods are also grouped into seven food groups and the reader is assured a balanced diet if he selects foods from six of these groups daily. On the reverse side information panels suggest possible reasons for the prescription of a low sodium diet, and offer tips of food shopping, dining out, and cooking with this dietary restriction. Dietitians and others offering nutritional guidance to patients on this type of diet may be interested in this resource.

174-75
THE NUTRITIONAL AND METABOLIC ROLES OF SELENIUM AND VITAMIN E.
A T Diplock
Proc Nutr Soc 33 (3): 315-322. Dec 1974.
389.9 N953
Antioxidants, Deficiency diseases and disorders, Drugs, Metabolism, Nutrition, Selenium, Vitamin E.
Extract: Research on vitamin E and Se appears to be moving toward two important conclusions: first, that vitamin E has a function in promoting stability in biological membranes either by performing a role as a classical antioxidant, or by functioning in an enzymic system that prevents peroxidation of membrane lipids, or by performing a structural role in maintaining the integrity of membrane architecture; secondly, that Se plays a part in biological oxidation-reduction systems that, in mammals and birds, include glutathione peroxidase, a protein derived from lamb muscle and membrane-associated drug metabolism in rat liver.

175-75
TAKING NUTRITION EDUCATION INTO THE HOMES.
Lynette Dobbie
Food Nutr Notes Rev 31 (9, 10): 242-245. Sept/Oct 1974
389.9 A073
Cultural factors, Dietitians, Disadvantaged groups, Food habits, New Zealand, Nutrition education, Socioeconomic influences.
Abstract: A dietitian in New Zealand describes her efforts among the Maori and Polynesians. Cultural patterns and socioeconomic conditions which affect nutrition are discussed.

176-75
ENVIRONMENTAL FACTORS AND CANCER OF THE COLON AND BREAST.
B S Drasar, Doreen Irving
Br J Cancer 27: 167-172. 1973.
RC261.B6
Cancer, Dietary factors, Disease prevention, Fiber, Socioeconomic influences.
Abstract: In this article published in a medical journal, the correlations between cancer of the colon, breast, stomach, dietary factors, and various indictors of standard of living are examined. Worldwide variations in nutrition and socioeconomic development are reviewed. Results showed colon cancer was highly correlated with breast cancer but neither was correlated with cancer of the stomach. No significant correlation was detected between stomach cancer and nutritional or economic factors. Cancers of the colon and breast were highly correlated with indicators of affluence such as high animal protein and high fat diets. No significant correlation was found between fiber and the cancer or any other factor. Possible explanations for these findings are given.

177-75
THE RELATIONSHIPS BETWEEN HUNGER/UNDERNUTRITION/MALNUTRITION AND LEARNING ABILITY AND BEHAVIOR.
Dudley-Anderson-Yutzy

176-75

Lakeland, Fla. 23 p. [n.d.].
RC620.5.B42 F6B
Behavior, Learning ability, Learning behavior, Malnutrition, Nutrients, Nutrition education, Socioeconomic influences.
Abstract: This is a summary of the more significant work done on the relationship of nutrition to learning ability and behavior. Although a strong presumptive correlation exists, socioeconomic and cultural factors have not been ruled out as being part of the picture.

177-75
FOOD AND NUTRITION: FACT AND FICTION.
J V Dutra De Oliveira
J Can Diet Assoc 35 (3): 171-179. 1974.
389.9 C1632
Foods, Green Revolution, Learning, Medical factors, Nutrition, Nutrition education, Population trends.
First of a series of distinguished international lectures on nutrition underwritten by General Foods, Ltd.
Abstract: After considering the wide spectrum of nutrition the author of this paper picks out several specific aspects relevant to this field to discuss. These include food and population, the "Green Revolution", food and nutrients, medical nutrition problems, nutrition-learning and behavior, nutrition-economics and policies, and nutrition-education and knowledge. Tables and references are also included. Those interested in a general overview of nutrition may find this paper of interest.

178-75
THE SOCIAL PSYCHOLOGY OF DIETING.
Johanna T Dwyer, Jacob J Feldman, Jean Mayer
J Health Social Behav 11: 269-289. Dec 1970.
R11.J6 P6B
Diets, Obesity, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: This article reviews epidemiological data on the prevalence of medically defined weight problems and of weight control efforts in the United States. It explores factors that may influence people to engage in weight control behavior in the first place and to choose dieting over other methods of reducing. It advances explanation to account for differences in the prevalence of dieting phenomena among various age and sex groups. Finally, it suggests several ways of improving the effectiveness and coverage of weight control programs. Nutritionists and others involved in counseling weight control patients will find this information of value.

179-75
FOOD-SHARING AMONG YOUNG CHILDREN.
Nada Dyson-Hudson, Roxana Van Dusen
Scol Food Nutr 7 (4): 319-328. Sept 1972.
TX341.S3
Behavior, Food sharing, Psychological aspects, School children (6-11 years).
Abstract: The nature, amount, and direction of food-sharing among girls and boys at a city day camp were observed for two weeks. Each child was ranked on the basis of peer and dominant relations with the group. Girls tended to share more often and with more other children than boys. Other results are reviewed and implications of the study are considered.

180-75
DIVERTICULAR DISEASE AND FIBRE.
H A Eastwood, W D Mitchell, A A McConnell
Nutr Food Sci 35: 2-4. Apr 1974.
TX341.N825
Disease prevention, Fiber, Fiber-restricted diets, Food-related disorders, Gastrointestinal disorders, Gastrointestinal tract.
Abstract: The incidence of diverticular disease and its relation to diet is examined in this paper. Functions of fiber in the diet are listed along with a discussion of its chemical composition. Cereal bran is discussed in some detail. It is suggested that demonstrable disturbances of bowel function can be corrected by administering unprocessed bran. Research attention is still merited on the relationship of any one diet component as the causation of diverticular disease.

182-75
EATING ON THE RUN (MOTION PICTURE).
Los Angeles, Alfred Higgins Productions 15 min. sd. color. 16 mm. [n.d.].
TX364.E2 F6B AV
Basic nutrition facts, Breakfast, Fast food chains, Fast foods, Lunch, Snacks.
Abstract: Viewers of this film will be struck with the many alternatives to high calorie, relatively low nutrient foods that are so often chosen in today's fast paced society. Realizing that time is a major factor affecting food choices, particularly at breakfast, lunch and snack periods, the film offers several suggestions to meet these special needs. Several breakfasts are shown being prepared in less than two minutes and some are suggested which entail no real preparation time at all. Many snack ideas are given and the viewer is also shown how sample lunches purchased at fast food restaurants can be remolected for better nutrition. Audiences from intermediate level to adults will learn that consuming balanced foods is not necessarily time consuming but simply requires know-how and a little planning.

183-75
NUTRITION IN TODAY'S EDUCATION--AS A SCHOOL NURSE SEES IT
Regina M Eddy, Beryl Hanson
The Department of School Nurses, National Education Association
15 P. Washington, D.C., National education association. [n.d.].
TX364.E34 F6B
Curriculum guides, Curriculum planning, Educational planning, Elementary schools, Nutrition education, Secondary schools, Teaching guides.
Abstract: These papers discuss nutrition in today's education as seen by the school nurse. The first paper examines the impact of nutrition in today's society, the various school feeding programs and existing national nutrition programs for young people, and lists suggested programs for teachers in the area of nutrition education. An unusual breakfast project is described as an example of relevant student activity. A unit on nutrition education for grades K-12 is outlined which includes suggested student outcomes, concepts to be covered and suggested pupil activities. Those concerned with nutrition education in the schools, its planning and administration, will find these papers of interest.

184-75
FOOD HABITS AS A BARRIER.
T F Eddy
Rev Nutr Food Sci 20: 10-12. July 1970.
TX341.R4 F6B
Anthropology, Cultural factors, Food beliefs, Food habits, Food preferences, Food selection, Food taboos, Psychological aspects, Resistance to change.
Extract: Unsophisticated people often have fixed ideas about what is good for them and distrust the food of strangers. Freud pointed out the similarity between taboos and the obsessions of psychoneurotics. It is unfortunate if a new food is introduced coincidental to outbreak of an illness.

185-75
DIMENSIONS OF SCHOOL HEALTH.
Victor Hisner, Lawrence B Callan
Springfield, Charles C. Thomas Publisher 177 p. 1974.
LB3405.E3 F6B
Health, Health appraisal, Health education, School children (6-11 years), School health services.
Abstract: Supportive evidence is given for the educational value of health assessment of children and the need for a comprehensive health education program for schools. Included is a discussion of priorities of a school health program, screening tests and the accuracy of those tests, and pros and cons of various types of health assessment. Chapters are devoted to the needs of children requiring special care. One chapter concerns school nutrition programs. The book could be used as a text for college health education classes as well as a guide for school administrators in establishing health care facilities and health education curriculum.

186-75
DIETETIC GUIDEBOOK. (SPA)
Eli Lilly and Company
Indianapolis, Ind. 35 p. May 1969.
HM222.2.E4 F6B
Calorie-restricted diets, Diet information, Diet planning, Food guides, Meal planning, Therapeutic and special diets, Weight control.
Title of Original: Guia dietetica.
Abstract: This miniature (2 3/8" x 3 1/8") booklet gives food selection and meal planning suggestions for diets of 1,000 to 3,000 calories. Food exchange lists are included.

187-75
ANAEMIA.
P C Elwood
Lancet 1: 1364-1365. Dec 7, 1974.
448.8 L22
Anemia, Blood diseases, Blood disorders, Deficiency diseases and disorders, Iron-deficiency anemia.
Abstract: This report, of interest to physicians, nutritionists, and other health professionals, discusses anemia in some detail. Diagnosis, usually based on hemoglobin levels, is discussed and normal levels and vulnerable groups are identified. Detection of underlying causes is very important and possible causes are also presented. Associations between hemoglobin level and cardiovascular disease, work output, lymphocyte function, cellular immune mechanisms, and mortality are briefly examined. It is concluded that screening for anemia is of doubtful value.

188-75
DIETARY HABITS OF THE PEASANT OF THE BOLIVIAN HIGHLANDS.
L D Enquef
FAO Nutr Newslett 10 (2): 16-20. Apr/June 1972.
TX341.F6 F6B
American Indians, Bolivia, Diet patterns, Ethnic foods, Food beliefs, Food habits, Food preferences, Food symbolism, Rural areas.
Extract: The diet of rural Indians in the Bolivian highlands is based on cereals, tubers, and legumes, with chilis used as a condiment. The Bolivian Indians believe that the potato has insuperable nutritional qualities. The grain "quinoa" is eaten only in small quantities. "Cold foods are forbidden in pregnancy and lactation.

189-75
THE PEDIATRICIAN, THE INFANT AND ATHEROSCLEROSIS.
Myron H Faber
Birth Fam J 1 (1): 22-24. Winter 1973-1974.
RJ1 B5 F8#
Atherosclerosis, Infant diets, Infant feeding, Infants (To 2 years), Special groups, diets.
Abstract: This article emphasizes the importance of proper nutrition care for infants and stresses a diet that will help establish correct dietary habits and that emphasizes a proper calorie level, in particular a low saturated fat and cholesterol content. Milk and dairy products consumption after six months is discouraged and lean meats and vegetables are recommended as alternate sources of calcium. Eggs are to be given only occasionally. The author does concede that no extensive changes in diet have been endorsed by the American Academy of Pediatrics at the present time. Nutritionists and others concerned with the dietary management of infants may find this article published in a journal for professions concerned with child bearing of interest.

190-75
THE EXTENT OF USAGE OF FLUORIDATED WATER IN COMMERCIAL FOOD AND BEVERAGE PROCESSING.
Carol S Farkas, Caryl Parsons
J Am Diet Assoc 35 (1): 51-55. Jan 1974.
389.9 C46J2
Beverages, Fluoridation, Fluoride, Food composition, Food processing.
Abstract: This paper, published in a journal for dietitians, begins with a review of the literature on the potential effect that processing of foods and beverages with fluoridated water may have on the fluoride content of the product. After pointing out that there is such an effect, this paper then attempts to expand current knowledge. Various food and beverage products were selected for the survey and the findings are summarized in various tables. The authors admit that the methodology of this study includes limitations with regard to accurate data received from various processors. It is recommended that laboratory measurements of fluoride be made for accurate content estimate.

191-75
MAJOR FATTY ACIDS AND PROXIMATE COMPOSITION OF DAIRY PRODUCTS.
Ruth H Feeley, Patricia E Criser, Hal T Slover
J Am Diet Assoc 66 (2): 140-146. Feb 1975.
389.9 AM34
Cheese, Dairy foods, Fatty acids, Food composition, Food processing, Milk, Nutritional quality, Unsaturated fats.
Extract: Samples of milk products, cheese, whey, and the original milks from which the products were made were obtained from dairy plants. In addition, samples of cheeses were obtained from retail markets. The fatty acid distribution of milk fat was not appreciably altered by processing. Protein and fat values were quite constant among samples for each cheese. No lactose was detected in the ripened cheeses. Mean fatty acid patterns for the different cheeses were not appreciably different from each other.

192-75
SOME EFFECTS THE BARBITURATES HAVE ON NUTRITIONAL STATUS.
Delia Flint
Food Nutr Notes Rev 31 (9, 10): 234-236. Sept/Oct 1974.
389.9 AU73
Calcium, Drugs, Elderly (65 + years), Folic acid, Nutrients, Nutritional status, Proteins, Vitamin D.
Extract: There are certain sections of the community at risk, particularly the elderly. Drug administration, namely sodium phenobarbitone, some underlying medical conditions, plus the effect of poor diet may alter significantly the nutritional status of an individual, particularly with regard to folic acid, vitamin D and calcium, and perhaps protein.

193-75
FOOD FOR HEALTH FOR THE OLDER ADULT: TEN TOPICS ON NUTRITION AND AGING.
Florida, Dept. of Health and Rehabilitative Services, Nutrition Section
Florida, Florida Division of Health 83 p. Aug 1973.
TX361.A3F62 F8#
Aging, Basic nutrition facts, Consumer education, Evaluation, Food fads, Food sanitation, Nutrition education, Professional education.
Abstract: This is a workbook for nutritionists and other community workers who advise older people on food service, nutrition and diet. The topics, which are expanded upon, are meant to assist older adults understand their nutritional needs and meet them well, to have a working knowledge of basic nutrition concepts, manage food purchasing power to obtain maximum food values for money spent, and learn about community resources that can help them meet needs connected with food and diet. They are presented in outline form, with suggestions for activities and for references and materials. Appendices present suggested snacks for meetings, food record forms, height-weight tables, questionnaires on food fads, and suggested games and other activities. Evaluation is built into the outline.

194-75
OUR VITAMIN A FRIENDS. (SPA)
Florida, Dept. of Health and Rehabilitative Services, Division of Health
Jacksonville, Fla. single-sheet flyer printed front and back. 1971.
TX553.V5F4 F8#
Cooking methods, Diet information, Food sources, Vitamin A.
Title of Original: Los amigos de la vitamina A.
Abstract: Liver, salad greens, sweet potatoes, carrots, and cataloupe are all excellent sources of vitamin A. These foods contribute to clear eyesight, good growth, and healthy skin

195-75
WERE YOUR DOCTOR SAYS THAT YOU NEED INSULIN. (SPA)
Florida, Dept. of Health and Rehabilitative Services, Division of Health
Jacksonville, Fla. unp. [n.d.].
QP951.F5 F8#
Deficiency diseases and disorders, Diabetes mellitus, Injections, Insulin, Medical factors, Patient care.
Written in English with accompanying Spanish translation.
Abstract: This booklet for diabetics gives detailed instructions for self-injection of insulin.

196-75
INFANT NUTRITION. 2d ed.
Samuel J Fomon
Philadelphia, W.B. Saunders Co. 575 p. 1974.
WJ216.F6 1974 F6#
Infant diets, Infant feeding, Infants (To 2 years), Nutrition, Special groups, diets.
Abstract: This second edition of this book covers the first 36 months of life and includes rewritten versions of all chapters from the first edition plus additional sections on gastrointestinal function, water and renal solute load, dental caries, food allergy and nutritional status. Many new tables have been added and old tables have been expanded and updated Every aspect of infant nutrition is included; dietary requirements, advisable intakes, conclusions from infant metabolic studies and surveys on infant food intakes are discussed. The unique physiology of full-term and low birth-weight infants is also considered.

197-75
FOOD ALLERGIES OR HEARD ANY GOOD SWEENEY LATELY?
FAO Nutr Newslett 4 p. Sept 1966.
TX341.F6 F8#
Allergies, Allergy diets, Disorders, Food-related disorders, Therapeutic and special diets.
Abstract: This report briefly discusses food allergies and includes definitions for allergies, common allergic diseases, and individual reactions to allergic producing substances. Tests used in spotting allergies are described as are types of elimination diets used to discover their causes. Medical approaches to treatment are briefly described. Finally botanic classifications of common foods are given illustrating the relationships of foods which appear dissimilar. Nutritionists and others working with allergy patients will find this article of interest.

198-75
FOOD FACTS VERSUS FADS.
Pacific Northwest, Pacific Northwest Cooperative Extension 2[illegible] p. 1971.
TX364.P633 F8#
Consumer protection, Food additives, Food beliefs, Food fads.
Abstract: This extension publication, based on statements of the Council on Foods and Nutrition of the American Medical Association, provides scientific answers to common questions about foods and nutrition. Discussions cover food facts versus fads, food supplements and special foods, food cookery and storage, food additives and processing, weight control, and food safety and health in question and answer form. Explanation of the Basic Four and a bibliography complete this extension publication for the laypersons.

199-75
FOOD SENSE.
Food Manufacturers' Federation
London, Food Manufacturers' Federation 10 p., illus. [n.d].
TX364.F634 F8#
Basic nutrition facts, Dental health, Instructional materials, Nutrient functions, Nutrient sources, Secondary grades, Weight control.
Abstract: This booklet, written for teenagers, offers basic nutrition facts on the role a variety of foods in the diet plays in promoting good health. It is explained that this variety promotes the intake of needed nutrients, with several nutrients, their sources and functions, presented as examples. Care in cooking is emphasized to help retain these nutrient levels. The role of water and roughage in the diet, the general relationship of food intake to individual weight levels, and proper dental care are also briefly discussed.

200-75
EVERY SCHOOL HAS A LEGAL RIGHT TO THE NATIONAL SCHOOL BREAKFAST PROGRAM.
Food Research and Action Center
New York, Food Research and Action Center 15 p. Jan 1974
TX733.N9 F8#
Child nutrition programs, Food service, School breakfast, School breakfast programs, School food service.
Abstract: This publication, written for parents, offers step by step guidelines for obtaining a breakfast program in the school. Suggestions are made for the formation of a coordinating committee and a task force, the holding of a training

201-75

conference to explain the program to interested persons, an effective method of meeting with the school board, and specific steps for follow through after the program has been established. A sample press release, training conference publicity announcement and agenda, presentation to the school board, and solutions to problems probably proposed by administration are also outlined. Detailed facts on the program itself are presented so that the reader can convincingly discuss the program with school administrators.

201-75
RELATIONSHIPS BETWEEN THEORETICAL AND APPLIED ANTHROPOLOGY: A PUBLIC HEALTH PROGRAM ANALYSIS.
G M Foster
Hum Org 11 (3): 5-16. Fall 1952.
GN1.H8
Diet patterns, Food beliefs, Food habits, Food preferences, Foodways, Medical factors, Program evaluation, Public health programs, Spanish Americans.
Extract: The problems created by Latin American folk beliefs regarding medicine are discussed.

202-75
THE MOUTHFUL DIET: A BEHAVIORAL APPROACH TO OVEREATING.
Roy S Fowler, Gilbert R Fordyce, Vicki D Boyd
Rehabil Psychol 19 (3): 98-106. Fall 1972.
RF1.R6 F6W
Behavior change, Behavior modification, Diets, Educational psychology, Weight control, Weight reduction.
Extract: The mouthful diet is an eating control system based on learning theory principles. It is simple and calls for little professional supervision. Subjects count mouthfuls as they are taken and establish individual daily limits of food intake according to weekly weight change patterns. At the end of the study, 43 of 58 subjects who had been instructed in the system reported a systematic change in eating habits with gradual sustained weight loss over eight months.

203-75
NOURISH - THE NUTRITION CARD GAME (PLAYING CARDS).
Camille Proed, Mary S Smith
Belmont, Calif., Fun with Foods 128 cards. 3 7/8" x 2 1/2". color. washable. 1975.
TX364.N62 F6W AV
Childrens games, Educational games, Instructional aids, Instructional materials, School children (6-11 years).
Instruction booklet - 30 p.
Abstract: Nourish is a deck of 128 cards divided into eight suits with each suit representing one of the "leader" or "indicator" nutrients. Each card gives the caloric content and percentage of the U.S. RDA for that nutrient for a selected amount of food. A total of thirty-two foods are used in the various nutrient suits. The accompanying instruction booklet briefly discusses these nutrients, explains the U.S. RDA and summarizes in table form the information included on the cards. Directions for 11 games are given including method of play and nutritional lesson to be learned. Most of these games are based on familiar games such as bridge, gin rummy, blackjack, old maid etc. The nutrition objective for ten of the games is for the child to become familiar with the comparable nutritional and caloric content of the foods represented. The remaining game offers practice in classifying foods into the Basic Four.

204-75
VITAMIN A STATUS OF MEXICAN-AMERICAN FOUR YEAR-OLDS FROM NON-MIGRANT FAMILIES.
Peggy Crooke Fry, Jenovce D Pitelsan, Kem Kelly
Nutr Rep Int 11 (1): 71-78. Jan 1975.
RC620.A1N9
Child nutrition, Mexican Americans, Preschool children (2-5 years), Texas, Vitamin A.
Extract: Since little was known about the vitamin A status of Mexican-American preschoolers from low income families, an investigation was undertaken of 36 children initially 4.0 years old. They were studied in each of four seasons over a 12 month period. Blood samples, heights, weights and 24-hour food recalls were analyzed in each season.

205-75
THE SOCIAL AND CULTURAL BACKGROUND OF FOOD HABITS IN DEVELOPING COUNTRIES.
I D Garine
FAO Nutr Newslett 8 (1): 9-22. 1970.
TX341.F6 F6W
Cultural factors, Developing nations, Food beliefs, Food habits, Food symbolism, Food taboos, Religion, Social factors.
Extract: Sociocultural and religious factors can be discovered in food taboos and prohibitions. Religious aspects are particularly strong in traditional societies where scientific knowledge is limited. Hazards of nature make food appear to be a divine gift of the gods, so it becomes sacred and powerful. Perhaps food cults in western society are attempts to restore the symbolic and emotional content of food.

206-75
FOOD, NUTRITION AND URBANIZATION.
I D Garine
FAO Nutr Newslett 7 (1): 1-19. Jan/Mar 1969.
TX341.F6 F6W
Behavior change, Diet patterns, Environmental factors, Family relationship, Food habits, Psychological aspects, Social factors, Urbanization.
Extract: There are two factors which influence whether food habits will change with urbanization. One factor is the food content of meals eaten outside the home. The other factor is the food content of meals eaten at home, which are usually marked by traditional food habits. Modification of the structure of authority in the family may profoundly influence family diet, especially with the mother going out to work.

207-75
THE MEASUREMENT OF OBESITY.
S M Garn
Acol Food Nutr 1 (4): 333-335. Sept 1972.
TX341.E3
Measurement, Obesity, Physical measurements, Socioeconomic influences, Standards.
Abstract: The usefulness of fatfold measurement in determining obesity or fatness is discussed. Socioeconomic influences on fatfold values is described as "dramatic". Standards for location of measurement and expression of results are discussed.

208-75
SOME STRAIGHT TALK ABOUT A RATHER STICKY SUBJECT.
General Mills, Consumer Center and Nutrition Department Minneapolis, General Mills leaflet, 6 sided. 1974.
TX557.G4 F6W
Breakfast cereals, Carbohydrate-rich foods, Dental health, Grain products, Sugar.
Abstract: This leaflet, written for parents, presents the cereal industry's defense of pre-sweetened cereals. The defense begins with a brief discussion of the importance of breakfast to children and then continues with answers to commonly asked questions about pre-sweetened cereal. The argument is simply that sugar is a good source of energy, that pre-sweetened cereals are fortified on the basis of their cereal and sugar content (!), that children won't get too much sugar by eating these cereals, and that studies have shown no correlation between the consumption of pre-sweetened cereals and the incidence of dental caries in children. References are included.

209-75
BREAST-FEEDING: SECOND THOUGHTS.
John M Gerrard
Pediatrics 54 (6): 757-764. Dec 1974.
RJ1.P42
Breast feeding, Immunity, Immunization, Infant feeding, Lactation.
Abstract: This paper cites several studies stressing the superiority of breast-feeding in terms of immunologic protection for the infant. Breast fed babies are less likely to develop respiratory and gastrointestinal infections, and allergic reactions with breast-feeding providing a hygienic, gradual method of protection during the transition to immunologic independence. Pediatricians and other health professionals concerned with the care of pregnant women and the mother with infant should be aware of these findings.

210-75
ALLERGY IN INFANCY.
John M Gerrard
Pediatric Annals 3 (10): 9-13, 18-20, 22-23. Oct 1974.
RJ1.P4 F6W
Allergies, Allergy diets, Food-related disorders, Infant diets, Infant feeding, Therapeutic and special diets.
Abstract: This article, of interest of pediatricians and child health professionals examines in some detail allergy reactions in infants. Three groups of substances that precipitate symptoms are examined: food, substances in direct contact with the skin, and substances that are inhaled. Identification techniques to determine allergens are described along with management suggestions. The immunologic basis for allergic reactions is examined and breast feeding is encouraged as an important factor in preventing allergic disease.

211-75
FOOD PRACTICES OF THE MEXICAN-AMERICAN IN LOS ANGELES COUNTY
V M Gladney
County Health Department
Los Angeles, Calif. unp. 1966.
TX360.U7C2 F6W
Cookery, Mexican American, Diet patterns, Ethnic foods, Food habits, Food preferences, Food preparation, Food selection, Foodways, Los Angeles.
Extract: Typical dishes and staple foods of Mexican-Americans in southern California include soups (caldos), rice and macaroni dishes (mopas), and stews. Beans and tortillas are staple foods for low income families. Cooking is done chiefly on top of the stove.

212-75
FOOD PRACTICES OF SOME BLACK AMERICANS IN LOS ANGELES COUNTY; INCLUDING A METHOD FOR EVALUATING THE DIET.
Virginia M Gladney
Los Angeles, Dept. of Health Services, Community Health Services
Los Angeles, Calif. 32 p. July 1972.
TX361.N4G5 F6W
Cooking equipment (Small), Cooking methods, Food habits, Food storage, Los Angeles, Negroes, Nutritional status, Pregnancy and nutrition.
Extract: This pamphlet developed from the need to help public

health nurses, dietitians and others know about the foods, diets and cooking methods of Black Americans from the South now living in Los Angeles County. Most of the information was obtained from a survey of family food practices in 1969 and from food records on patients during 1968 and 1969 in Southeast Health District.

213-75
NUTRITION KIT FOR THE COMMUNITY (KIT).
Mary T Goodwin
Rockville, Montgomery County Health Dept. Assorted pamphlets, leaflets and books. Nov 1974.
TX364.N839 PSH AV
Community, Educational resources, Instructional aids, Instructional materials, Nutrition education.
Abstract: This kit contains several examples of nutrition education materials to be used with various audiences in the community, designed to "raise to the conscious level what is happening to our food quality and supply, to look at its effect on health, and to point out alternatives for coping with these problems," the materials promise to provide basis for discussion and ideas for nutrition projects. Topics covered include creative food experiences for children, nutrition and dental health, snacks for children, breakfast promotion, school lunch, world hunger, comparable nutritive values of foods, and economic purchase of food. Nutrition educators should be aware of this resource.

214-75
JUICE USE (COMIC BOOK).
Sol Gordon, Roger Conant
Syracuse, Ed-U Press 17 p., illus. 1974.
HC565.J8 P89
Adolescents (12-19 years), Alcohol, Alcoholic beverages, Alcoholism, Comic books.
Abstract: This comic book, designed for teenagers, deals with the psychological as well as physical implications of abusive drinking. It briefly examines such factors concerned with Alcohol use as why people drink, how much is too much, alcoholism, alcohol metabolism, alcohol and sex, and alcohol and drugs. Fifteen signs that can tell the reader he/she needs help and where to get it are also included. Interspersed among this information are "outrageous gags" which are included to "defuse teenage hostility to sensitive topics".

215-75
GET WISE FOR WOMEN PARTS (COMIC BOOK).
Sol Gordon, Roger Conant
Syracuse, Ed-U Press 17 p., illus. 1974.
TX364.G83 P89
Adolescents (12-19 years), Basic nutrition facts, Comic books, Instructional materials, Nutrition education.
Abstract: Described as being "for teenagers between 12 and 19 who have not been put on special diets by their doctors", this comic book stresses variety in food selection. It touches briefly on reducing diets; suggestions for changing compulsive eating behavior; problems of excess fat, sugar or alcohol, or eating only one type of food; ready-made factory foods vs. fresh foods; the reading of labels, vitamin supplements, pregnancy, and vegetarian diets.

216-75
INFANTS OF ALCOHOLIC MOTHERS.
H Gordon Green
Am J Obstetrics Gyn 118 (5): 713-716. Mar 1, 1974.
RG1.A5
Alcohol, Alcoholism, Pregnancy, Pregnant women and nutrition, Pregnant women.
Abstract: This paper reviews several studies which attempt to measure the effect of long term maternal alcohol consumption upon subsequent offspring. It is conceded that many of these studies lack adequate controls and thus produce questionable results and interpretations. Another problem in studying this relationship is isolating the alcohol factor from additional variables. Relationships are suggested, along with a call for further research. Nutritionists and related professionals working with pregnant women should be aware of this research.

217-75
ETIOLOGY OF MALNUTRITION IN RURAL INDIAN PRESCHOOL CHILDREN (MADHYA PRADESH).
Tina Grewal, Tara Gopaldas, P J Gadre
Environ Child Health 19 (3): 265-270. Sept 1973.
RJ1.A1A6 P89
Deficiency diseases and disorders, Etiology, India, Malnutrition, Preschool children (2-5 years).
Abstract: This report emphasizes the necessity of proper identification of economic and sociocultural factors that operate in order to determine the pattern of malnutrition before a rapid and measurable impact can be expected from nutrition intervention programs. Specific factors associated with malnutrition are defined in the rural preschooler in India and include socio-economic factors, various dietary beliefs and practices, nutrient intakes, and past history of illness. Nutritionists working in any community may find the discussion of these factors helpful in understanding the nutritional status of children.

218-75
NUTRITION: FOODS, FADS, FRAUDS, FACTS (FILMSTRIPS/RECORD).
Guidance Associates
New York 3 filmstrips, 270 fr., col., 35 mm., 3 records, 33 1/3 rpm. 1974.
TX364.N834 P89 AV
Adolescents (12-19 years), Advertising, Cultural factors, Diets, Food fads, Food habits, Nutrition education, Obesity, Psychological aspects.
With discussion guide.
Abstract: This program (in 3 parts) is targeted at adolescents. Treated in some detail are the symbolic significance of food, advertising and its effect on food habits, nutrition misinformation, hunger and appetite as physiologic functions, the psychology of eating habits, obesity and dieting, and finally, the science of nutrition. The program is presented in dramatized form.

219-75
NUTRITION: FOODS, FADS, FRAUDS, FACTS (FILMSTRIPS/CASSETTE TAPES).
Guidance Associates
New York 3 filmstrips, 270 fr.; color, 35 mm., 3 audiocassettes. 1974.
TX364.N834 P89 AV
Adolescents (12-19 years), Advertising, Cultural factors, Diets, Food fads, Food habits, Nutrition education, Obesity, Psychological aspects.
With discussion guide.
Abstract: This program (in 3 parts) is targeted at adolescents. Treated in some detail are the symbolic significance of food, advertising and its effect on food habits, nutrition misinformation, hunger and appetite as physiologic functions, the psychology of eating habits, obesity and dieting, and finally, the science of nutrition. The program is presented in dramatized form.

220-75
THE INFANT OF THE DIABETIC MOTHER.
Diana H Guthrie, Richard A Guthrie
Am J Nursing 74 (11): 2008-2009. Nov 1974.
448.8 A9323
Carbohydrate metabolism disorders, Diabetes mellitus, Infants (To 2 years), Pregnancy, Pregnant women.
Abstract: This article, of interest to health professionals, calls for stringent controls of the maternal diabetic. The current belief is that maternal hyperglycemia leads to fetal hyperglycemia with the fetus's pancreas hypertrophying in response, producing excessive amounts of insulin. The excess sugar also produces the characteristic large, puffy infant. Since death in utero frequently occurs at 36-37 weeks, the fetus is often delivered at 35-36 weeks subjecting it to the various problems of prematurity. Treatment in this situation is outlined. Supportive preventive measures for this mother are also presented which include insulin control and adequate nutritional instruction on the needs of the mother and child.

221-75
WEIGHT AND HEIGHT STANDARDS FOR PRESCHOOL CHILDREN, HOW RELEVANT ARE ETHNIC DIFFERENCES IN GROWTH POTENTIAL?
Jean-Pierre Habicht, Reynaldo Martorell, Charles Yarbrough
Lancet 1: 611-614. Apr 6, 1974.
448.8 L22
Charts, Child development, Developing nations, Environmental factors, Ethnic groups, Growth, Height-weight ratio, Preschool children (2-5 years).
Abstract: Comparisons of preschool children (birth to 7 years), presumably well nourished but of different ethnic background, indicate that differences in height and weight are relatively small. In contrast, there are large differences in height and weight between these children and those, often of similar ethnic and geographical background, who live in poor, urban and rural regions of developing countries. Therefore, height and weight standards chosen to represent optimal preschool growth can be drawn from already published studies of well-to-do children, regardless of race or ethnicity, because any racial or ethnic effect on mean preschool growth is small compared with environmental effects.

222-75
FOOD PATTERNS IN NEW MEXICO.
D B Hacker
Publ Health Curr 43: 589-591, 619. Nov 1951.
HA421.P8 P89
Diet patterns, Ethnic groups, Food habits, Food intake, Food preferences, Food selection, New Mexico, Nutritional adequacy
Abstract: Food patterns and habits in any area are conditioned by the backgrounds of the inhabitants. In New Mexico, the foods and dishes that are considered typical are the result of a combination of four cultures: American Indian, Spanish, Mexican, and Anglo (a local term referring to people not belonging to any of the foregoing cultures). This article describes the diet patterns prevalent among New Mexican rural, urban, and pueblo (village) populations.

223-75
HEAT AND COLD TOLERANCE: RELATION TO BODY WEIGHT.
Dale G Hadland, John F Stock, Mark I Hewitt
Postgrad Med J 55 (4): 75-79. Apr 1974.
RJ71.P6
Obesity, Temperature, Weight, Weight gain.
Abstract: This article, of interest to those treating obese patients, reports on a study evaluating men and women's tolerance to heat and its relationship to weight. A questionnaire was completed by 388 people and the data were statistically analyzed. It was discovered that men were predominantly cold-

220-75

tolerant with weight having no particular effect on tolerance. Women of normal weight were predominantly heat-tolerant but among overweight women heat tolerance varied inversely to weight. Possible reasons for this difference are discussed. Women appear to be less adaptive to environmental temperatures than men perhaps because of metabolic differences in the regulation of body temperature. A diagnosis of hyperthyroidism resulting from a patient's tolerance of temperature or excess weight is questionable.

224-75
UTILIZATION OF NUTRIENTS DURING POSTNATAL DEVELOPMENT.
P Waka, D Holdowsky
Oxford, Pergamon Press 177 p. 1966.
QP141.H3 P69 (International series of monographs in pure and applied biology, division: zoology, v. 33)
Descriptors (Animal), Infant diets, Infant feeding, Nutrition, Research.
Abstract: Studies are reported examining various aspects of postnatal nutrition. Rats are primarily used but when possible, human infant physiology is also included. Chapters cover general remarks on infant animals, energy sources and balance during starvation, quantitative and qualitative aspects of food intake, and the fate of carbohydrates and lipids during postnatal development. Those concerned with nutritional care at this life period will find this research of interest.

225-75
A CONSPECTUS OF RESEARCH ON ZINC REQUIREMENTS OF MAN.
James A Halsted, J Cecil Jr Smith
J Nutr 104 (3): 345-378. Mar 1974.
389.8 J82
Basic nutrition facts, Metabolism, Nutrient functions, Nutrient requirements, Toxicity, Zinc.
Abstract: Written for the professional, the objective of this conspectus is to bring together the information that bears on human requirements for zinc, to show how the information was obtained, and to point out areas where research is needed. Specifically included is information on the development of knowledge about zinc, measuring methods, content and factors influencing content of zinc in food, metabolic aspects of zinc in human nutrition, parameters for assessing zinc status, zinc deficiency, zinc toxicity, and human requirements. 330 references are cited.

226-75
THE CLINICAL SIGNIFICANCE OF TRACE ELEMENT DEFICIENCIES IN MAN.
E B Sandidge
Proc Nutr Soc 33 (3): 249-255. Dec 1974.
389.9 N953
Chromium, Copper, Deficiency diseases and disorders, Manganese, Nutrition, Trace elements, Zinc.
Extract: Despite substantial progress within the last few years, it is apparent that the full clinical significance of these trace element deficiencies in man is not known. Moreover, in the light of recent experience with Zn, Cu and Cr, there can be no reassurance that man is not at risk from other trace element deficiencies. For example, in 1973 a case of probable Mn deficiency was described in a volunteer who had been fed on an artificial diet fortuitously low in this element. The list of essential trace elements for animals continues to grow, and each of the "new" elements presents an additional challenge to those engaged in human trace element nutritional research.

227-75
THE HOT-COLD THEORY OF DISEASE. IMPLICATIONS FOR TREATMENT OF PUERTO RICAN PATIENTS.
A Harwood
J Amer Med Assoc 216 (7): 1153-1158. May 1971.
448.9 AM37
Cultural factors, Food beliefs, Food habits, Health misinformation, Health programs, Medical factors, Patient care, Physicians, Spanish Americans.
Extract: Puerto Ricans in New York City hold to the classic Latin American "hot-cold" categorization for food, medicine, and illness. The author suggests ways the physician can circumvent these beliefs in treatment. Older, less educated persons are more likely to adhere to the "hot-cold" beliefs than are younger people.

228-75
HEALTH HAZARDS PERTAINING TO OBESITY.
T Bassell
Cutanea 7 (3): 94-98. June 1974.
RA784.A1C9
Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: In this article on obesity, the author first defines the condition and proposes several methods of diagnosis. Three major contributing factors leading to obesity are discussed, including familial tendency, bad dietary habits and reduced physical activity, and rare endocrine abnormalities. The consequences of obesity are presented, and the predisposition toward illness is emphasized - diabetes, hypertension, respiratory diseases etc. - plus a decrease in life expectancy. Management and treatment of obesity are briefly outlined. Recommended is the well motivated individual being placed on a medically supervised diet of about 1000 kilocalories, supplemented if necessary by appetite depressants. It is also advised that general practices--such as setting time deadlines for weight loss--be avoided in achieving weight reduction. Nutritionists and related professionals may find this report of interest.

229-75
INTERACTIONS BETWEEN NUTRITION AND HEREDITY IN CORONARY HEART DISEASE.
Frederick P Hatch
Amer J Clin Nutr 27 (9): 980-90. Jan 1974.
389.8 J824
Cardiovascular disorders, Coronary heart disease, Genetics, Hereditary factors, Preventive medicine.
Abstract: In this paper an analysis is presented of the demography of coronary heart disease in the male population of the U.S. and of the nature of genetic and environmental (chiefly nutritional) factors contributing to the incidence in individual men. A model calculation is made for all men initially 30 to 39 years of age over three decades of middle life. This reveals that CHD occurs in more than 50% of those at highest risk with men above the 80th percentile in risk contributing 40% of the total CHD. Risk factors appear to be under "polygenic control" which is defined with the principles of biochemical genetics. Nutritional status and other environmental factors are shown to modulate but not override the expression of the genotype. Implications for prevention do not include specific measures but rather multiple interventions against risk factors through individualized preventive medical care. Those involved in offering such care will certainly be interested in this work.

230-75
VEGETARIANISM.
Don ed Hawley
Life Health vol. 1, 2d ed., 48 p. 1973.
TX392.H42 P68
Digestive tract, Disease prevention, Food beliefs, Proteins, plant, Recipes, Textured vegetable proteins, Vegetarian diets, Vegetarians.
Abstract: This publication is published by Seventh Day Adventists (who advocate a lacto-ovo vegetarian diet). Nine articles cover such topics as the history of the vegetarian concept; the health and economic advantages of following this diet; the nutritional adequacy of the diet, particularly in terms of protein quality; and the development of textured vegetable protein meat analogs. Steps are outlined for following this diet, along with numerous suggestions and recipes.

231-75
HAZARDS OF OVERUSE OF VITAMIN D.
J Am Diet Assoc 66 (5): 453-454. May 1975.
389.8 AM34
Age groups, Deficiency diseases and disorders, Medical factors, Metabolism, Nutrient excesses, Vitamin D.
Extract: Excessive amounts of vitamin D are hazardous, and only individuals with diseases affecting vitamin D absorption or metabolism require more than 400 I.U. Per day. Such needs should be established by clinical evaluation, and treatment should be specifically recommended and supervised by physicians.

232-75
SOME BIOLOGICAL CONSIDERATIONS IN THE NUTRITIONAL EVALUATION OF FOODS.
P V J Hegarty
Food Technol 29 (8): 52-64. Apr 1975.
389.8 F7398
Bioavailability, Demonstrations (Animal), Iron-deficiency anemia, Nutrients, Nutritional adequacy, Protein efficiency ratio, Reference standards, Research.
Extract: The purpose of this paper is to review some of the factors which influence the biological availability of nutrients, and to discuss some of the difficulties in the determination of human dietary requirements based on experiments with laboratory animals. Particular attention will be given to the evaluation of the biological values of proteins and to the diagnosis and treatment of iron deficiency anemia because of the current interest in these nutrients.

233-75
WEIGHT REDUCTION IN ADOLESCENTS.
Siegfried Weyden, William DeMaria, Shirley Barbee
Nutr Rehab 15 (4-5): 295-304. 1973.
RM214.N8
Adolescents (12-19 years), Obesity, Weight control, Weight loss, Weight reduction.
Abstract: A weight reduction diet with 700 Kcal and one to intermittent fasting days per week proved successful for 15 obese, physically inactive adolescents. Intensive dietary instructions of youngsters with their mothers were carried on an individual basis, with weekly follow-up visits and and review of dietary diaries. In contrast, a group therapy approach toward obesity control in 27 adolescents with the help of former adolescent patients as 'instructors' proved disappointing. Reasons for a lower success rate were boredom of three long summer vacation months, lack of transportation, frequent disinterest among the families and disruptive family units, ignorance in basic knowledge about nutrition, and failure to take advantage of previous experience of other adolescents who had completed their weight reduction. Nutritionists and related professionals involved in the nutritional care of adolescents and in weight control programs will find these results of interest.

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234-75
HIGH BLOOD PRESSURE.
Heart Briefs p. 9. Fall 1974.
RC691.A1H4 P69
Cardiovascular disorders, Disorders of body parts and systems, Hypertension, Obesity, Sodium.
Abstract: This article briefly describes the development and treatment of high blood pressure or hypertension. Its detection is made through the use of a sphygmomanometer and monitored also through examination of the blood vessels in the retina. Treatment can sometimes be managed through dietary modifications of calorie and/or salt intake, the use of diuretics and other drugs in the treatment program is also described. Nutritionists and other health professionals concerned with the treatment of this disorder will be interested in this type of discussion.

235-75
ELEMENTARY SCIENCE OF FOOD. Rev. ed.
E E Hildreth
London, Allman & Son 304 p. 1971.
TX531.H5 1971 P69
Cooking, Digestion and absorption, Food preservation, Food science, Hygiene, Kitchens, Meal planning, Nutrition.
Abstract: This book is suitable for use by teachers and pupils at the secondary level and technical colleges. Various sections deal with the nutrients and their presence in the basic food groups. Preservation, cooking, and food hygiene are treated, as are the kitchen, and large and small cooking equipment. The closing section deals with planning of meals, digestion, absorption and metabolism.

236-75
SCHOOL FLUORIDATION FOR THE PREVENTION OF DENTAL CARIES.
Herschel S Horowitz
Int Dental J 23 (2): 346-353. June 1973.
WU1.I5 P69
Dental caries, Dental health, Fluoride, School children (6-11 years), School health services, Teeth.
Abstract: Because community fluoridation isn't feasible for large segments of the world's population, alternative methods of preventing dental caries must be developed. Fluoridation of school water supplies at 4 1/2 times the level of community fluoridation programs offers one safe means to reach large numbers of children with minimal demands on personnel, equipment, and funds. The disadvantages of such a program are briefly discussed and a review of programs and studies testing the efficacy of such a program is presented. Those involved in the nutrition care of children, particularly of school age, will find this articleof interest.

237-75
HOW NUTRITIOUS ARE FAST-FOOD MEALS?
Consumer Reports 40 (5): 278-281. May 1975.
321.8 C762
Caloric values, Fast food chains, Fast foods, Nutrients, Nutrition.
Abstract: The nutritional value of meals from eight fast-food chains are analyzed. Nearly all of these meals contained an excess of calories; nutrient deficiencies are listed.

238-75
HOW TO SET UP A NUTRITION FUN LEARNING CENTER IN THE CLASSROOM AND THE HOME.
Washington, Acropolis Books Ltd. 17 p. 1974.
TX364.H65 P69
Childrens games, Classroom games, Educational games, Educational methods, Instructional materials, Nutrition education, Teaching methods.
Abstract: This publication advocates the use of a learning center to help teach sound nutrition. The criteria for a learning center design is given and examples of activities to be used in conjunction with two books at the center are described. These examples call for a variety of student skills, from art, spelling, to classifying foods, writing balanced menus, and matching nutrients to their source and function. Those working with children, particularly in grades K-3 will be interested in this resource.

239-75
HOW TO SHAPE UP AND KEEP IN SHAPE (FILMSTRIP/RECORD).
Lakeland, Fla., The Florida Department of Citrus 1 filmstrip, 112 fr., sd., 35mm, col., 1 record: 33 1/3 rpm. 1974.
RA776.95 P69
Adolescents (12-19 years), Athletes, Basic Four, Body image, Diets for athletes, Exercise, Hygiene, Recipes.
Abstract: This filmstrip for adolescent boys shows a black and a white boy involved in various activities for proper physical well-being. These include doing exercises appropriate for various sporting activities, following several suggested personal grooming tips, receiving some basic nutrition information, and preparing easy recipes for energy and health. The Four Food Groups are outlined and some discussion is given to the nutrients found in each group and how these nutrients function in physical activity and growth. The use of fad diets and diet pills is discouraged.

240-75
ALL ABOUT FOOD AND NUTRITION (CHART).
Howard Johnson's, House-A-Menu Company
Boston, Mass. pamphlet with center fold chart. Nov/Dec 1974.
TX364.A48 P69 AV
Basic Four, Cells, Food substitutions, History, Nutrients, Nutrition education.
Abstract: The center fold chart shows the four basic food groups and lists substitutions. A diagram of the internal organs of the human body is included. Another page explains the functions of cells and their nutritional needs. A page called "Journey back in time" traces food history and uses in the New World. A children's menu is included.

241-75
NUTRITION PROBLEMS ASSOCIATED WITH FOOD HABITS AND ENVIRONMENT.
J H Hundley
In Proceedings of the Borden Centennial Symposium on Nutrition, April 1958. chapter 1; 11 p. Apr 12, 1958.
TX341.B6 P69
Behavior change, Diet improvement, Economic influences, Environmental factors, Food habits, Food preferences, Food supply, Natural resources, Social factors.
Extract: The nutritional consequences of population pressures (as opposed to economic ones) on soil products and the competition between food and cash crops are reviewed. Many indigenous foods have developed from environmental necessity, and thus resources may determine cooking practices. This article discusses the economic and social aspects to be considered when attempting to change food habits.

242-75
FOOD AND FOOD HEALTH; SELECTED AND ABBREVIATED ARTICLES FROM CONSUMERS' RESEARCH MAGAZINE.
Beatrice Trum Hunter
New Canaan, Conn., Keats Publishing 143 p. 1974.
TX355.H82 P69
Food additives, Food beliefs, Food misinformation, Food processing, Health beliefs.
Abstract: This book contains selected and abbreviated articles from Consumers' Research Magazine. In it the editor, Beatrice Hunter, discusses such topics as the nutrient quality of today's food supply, soil quality, chemicals in agriculture, hormones in meat, food processing, additives, milk, hot dogs, breakfast cereals, baby foods, salt, artificial sweeteners etc. As a result of this discussion, food and food selections are recommended by the editor. The book is written for the lay person.

243-75
CORONARY HEART DISEASE: RISK FACTORS AND THE DIET DEBATE.
Laurence E Hurst
Chicago, National Dairy Council 16 p. 1969.
RC685.C6H8 P69
Basic Four, Cardiovascular disorders, Cholesterol, Coronary heart disease, Hypertension, Nutrients, Nutrition, Risk factors.
Abstract: The complexity of conditions involving the heart and its functions is reviewed. Risk factors include high blood pressure, cigarette smoking, and elevated blood cholesterol; in addition risk is associated with overweight, exercise, diabetes, heart abnormalities and blood fat patterns. Other risk factors hinge on family history, sex, age, and race. Recent findings on the cholesterol problem are presented, and a healthful, moderate diet is outlined.

244-75
DIETARY SURVEY OF LOW-INCOME, RURAL FAMILIES IN IOWA AND NORTH CAROLINA; I: RESEARCH PROCEDURES.
Mitsuko Inano, Dorothy J Pringle, Louise Little
J Am Diet Assoc 66 (6): 356-360. Apr 1975.
389.8 AM34
Dietary study methods, Dietary surveys, Iowa, Low income groups, North Carolina, Nutrient intake.
Extract: Methods used in conducting a dietary survey of 668 low-income, rural families in Iowa and North Carolina are described. All families were participants in the rural Negative Income Tax experiment of the Institute for Research on Poverty, University of Wisconsin, in cooperation with the U.S Office of Economic Opportunity.

245-75
DIETARY SURVEY OF LOW-INCOME, RURAL FAMILIES IN IOWA AND NORTH CAROLINA; II: FAMILY DISTRIBUTION OF DIETARY ADEQUACY.
Mitsuko Inano, Dorothy J Pringle
J Am Diet Assoc 66 (4): 361-365. Apr 1975.
389.8 AM34
Dietary surveys, Economic influences, Iowa, Low income groups, North Carolina, Nutrient intake, Nutritional adequacy.
Extract: A comparative study on distribution patterns of Iowa and North Carolina families for dietary adequacy at various income levels was conducted according to (a) family dietary standards based on the 1968 Recommended Dietary Allowances and on the Ten-State Nutrition Survey dietary criteria and (b) two income standards, i.e., family income and per capita income.

246-75
DIETARY SURVEY OF LOW-INCOME, RURAL FAMILIES IN IOWA AND NORTH CAROLINA; III: CONTRIBUTION OF FOOD GROUPS TO NUTRIS.
Mitsuko Inano, Dorothy J Pringle
J Am Diet Assoc 66 (4): 366-370. Apr 1975.
389.8 AM34
Dietary surveys, Iowa, Low income groups, North Carolina, Nutrient intake.
Extract: Percentage contributions to intakes of protein, calcium, vitamin A, and ascorbic acid from foods in specific food

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groups of selected Iowa and North Carolina family diets were investigated. Diets of all families met or exceeded two-thirds of family nutrient standards based on the 1968 Recommended Dietary Allowances. The range of contribution was wide for all four nutrients.

247-75
THE INSIDE STORY (AND THE OUTSIDE TOO) OF FRESH CITRUS FRUIT.
Van Nuys, Sunkist Growers, Inc. 15 p. 1970.
TX397.I5 F6N
Citrus fruits, Food preparation, Grapefruit, Lemons, Limes, Nutrients, Oranges, Tangerines.
Abstract: The nutrients in citrus fruits are listed. Suggestions for selection are given, as are hints on preparation. Recipes containing orange, lemon, lime tangerine, and grapefruit are supplied.

248-75
FOOD FATS AND OILS. 4th ed.
Institute of Shortening and Edible Oils
Washington, Institute of Shortening and Edible Oils 19 p. Aug 1974.
TX560.F3I5 F6N
Fats and oils, Fatty acids, Food chemistry, Food habits, Nutrient content determination, Saturated fat, Unsaturated fats.
Abstract: This is the fourth edition of this publication designed to answer the questions most frequently asked about the composition of fats and the role of fat in the diet. Specifically the bulletin includes information on the chemical composition of fats, nutritional aspects, fatty acids, factors affecting physical characteristics, processing, reactions of fats and oils, products prepared from fats and oils, and trends in fat composition in the U.S. It is designed for use by college students and teachers, as well as practicing physicians, nutritionists. And others wanting to know more about the chemical composition and nutritive value of food fats and oils.

249-75
MATERNAL NUTRITION SINCE 1969 WHY/WE NEED CONFERENCE.
Howard W Jacobson
Nutr News 37 (8): 13, 16. Dec 1974.
389.8 N957
Nutrition education, Nutritional status, Pregnancy and nutrition, Pregnancy diets, Pregnant women, White House Conference on Food, Nutrition and Health.
Extract: One of the most pressing concerns stemming from the White House Conference is the recognition that standards and norms for pregnant women are lacking. Unfortunately, there have been almost no major studies done since mid-1950. Recommendations for dietary allowances are thus limited and any surveys of nutritional needs are extremely difficult to interpret. Therapeutic trials are also hampered. There will be many difficulties in estimating the benefits of nutritional programs for pregnant women.

250-75
FOOD SCORECARD.
Michael F Jacobson, Wendy Wilson
Washington, Center for Science in the Public Interest 32 p. 1974.
TX355. W52 F6N
Adolescents (12-19 years), Basic nutrition facts, Food analysis, Nutrient content determination, Nutrient quality, Nutrient values.
Abstract: Developed for intermediate and secondary level students, the food rating system used in this booklet describes the relative nutritional value of common foods by assigning them a numerical score with points added for nutrient content and deducted for sugar and saturated fat. A number of controversial statements are made, eg. Concerning the food industry, and the teacher might use these to spark discussion or debate. The introductory material also emphasizes fresh over processed foods, discusses advertising evaluation and briefly offers some basic nutritional concepts.

251-75
MATERNAL NUTRITION IN THE 1970'S; PART 2.
Virginia C Jusch
Food and Nutr News 46 (3): 1, 4. Feb 1975.
389.8 F7332
Adolescents (12-19 years), Calcium, Folic acid, Iron, Pregnancy and nutrition, Pregnancy diets, Pregnant women, Socioeconomic influences, Sodium.
Abstract: Requirements for iron, folic acid, calcium, and sodium during pregnancy are discussed and the results of deficiencies noted. Teenage pregnancy and its special problems are described. A generalized daily food plan for pregnant women is supplied.

252-75
THE MIDWIFE'S ROLE IN THE NUTRITION OF THE MOTHER AND CHILD.
D B Jelliffe, E F Patrice Jelliffe
Food Nutr Notes Rev 31 (11, 12): 271-277. Nov/Dec 1974.
389.9 AU73
Child nutrition, Cultural factors, Fetal growth, Food habits, Lactation, Midwives, Nutritional adequacy, Pregnancy and nutrition.
Abstract: It is suggested that the midwife's functions be altered to include participation in nutrition of the foetus and mother. The midwife's current role in various cultures is discussed. The basic problems of pregnancy, lactation, and fetal growth, as related to nutrition, are discussed.

253-75
THE MIDWIFE'S ROLE IN THE NUTRITION OF THE MOTHER AND CHILD.
Derrick B Jelliffe, E F Patrice Jelliffe
Environ Child Health 19 (3): 258-268. Sept 1973.
RJ1.A1J6 P6N
Infants (To 2 years), Maternal and child health, Pregnancy, Pregnancy and nutrition, Prenatal education, Preschool children (2-5 years).
Abstract: This article calls for a wider role for the midwife to cover not only the mechanics of pregnancy and childbirth but to embrace all biological phases of the mother-young child continuum, including a nutritional emphasis. Training must be practiced in the homes of the community as well as classroom or hospital midwifery ward. The nutrition component recommended includes knowledge of the nutritional needs of the different biological phases of the mother-child continuum, the composition and cost-nutrient values of available local foods, indigenous food customs, practices and habits, and the pattern of malnutrition seen most frequently in pregnancy and early childhood in the area. Those involved in the nutritional and total health care of the mother, infant, and older child will find this approach of interest.

254-75
THE MEGAVITAMIN SCENE.
Derrick B Jelliffe
Lancet 1: 1217-1218. June 15, 1974.
448.8 L22
Food misinformation, Nutrient excesses, Nutrients, Vitamins.
Abstract: The dialogue of "The megavitamin scene" quickly answers such questions as are megavitamins simply more of a good thing, are they effective in curing or preventing illness, are they effective in treating non-nutritional illnesses, what proof is needed to establish the benefits of various types of treatment, when are vitamin supplements needed, and what are the hazards of taking large doses of vitamins. Those involved in nutrition education who must answer this type of question will find this short dialogue of great interest.

255-75
EVALUATION OF THE NUTRITION FILM SERIES "HULLIGAN STEW".
Suzanne Jenkins, Mary Stuso, Jane Voichick
J Nutr Educ 7 (1): 17-19. Jan/Mar 1975.
TX341.J6
Evaluation, Evaluation methods, Films, Grade 4, Instructional materials, Instructional media, Nutrition education.
Abstract: A nutrition education program consisting of films and supplementary learning materials, "Hulligan Stew" was given to 140 fourth-grade students. To evaluate the effectiveness of the methods, changes in nutrition knowledge were measured by a written test given before and after the program. In addition, the changes in dietary intake of the children were assessed using two 3-day food records. Evaluation of knowledge indicated an improvement after participating in the program. Some children, particularly those with the largest increase in nutrition knowledge, increased their intakes of selected nutrients. Nutrition educators, particularly those involved in the education of intermediate level students, should be aware of this resource.

256-75
WHERE IS NUTRITION EDUCATION IN U.S. PUBLIC SCHOOLS?
Mary J Johnson, Jane I Butler
J Nutr Educ 7 (1): 20-21. Jan/Mar 1975.
TX341.J6
Educational programs, Nutrition education, Nutrition policy, Nutritional surveys, Public schools.
Abstract: The purpose of this study was to explore the current involvement of departments of public instruction in each state in the area of nutrition education. Of 42 states responding, 10 have legislated policy concerning nutrition education. Many other states are formulating programs. The survey shows nutrition education is being carried out through a wide range of disciplines and means. In 31 states, someone has a major responsibility for nutrition education within the state. Thirty-one states also indicated minimum requirements for the individual responsible for nutrition education. This article concludes with recommendations for formulating and carrying out school nutrition education programs statewide and qualifications for nutrition education specialists. Those concerned with curriculum development in nutrition education and qualifications of nutrition educators will find this report of interest.

257-75
SNACKS COUNT TOO (MOTION PICTURE).
Journal Films, Inc.
Chicago, Ill. 12 min., sd., color, 16 mm. 1975.
TX355.S62 F6N AV
Caloric intake, Deficiency diseases and disorders, Food habits, Nutrient intake, Obesity, Planning, Psychological aspects, Snacks, Social influences.
Abstract: Two "stomach technicians" discuss their host's intake of food. Suggestions are given for developing a snack policy -- planning snacks for nutrient content. The wrong kind of snacks, those with high sugar, starch, or fat content can aggravate or cause deficiency disease. The social and psychological aspects of food intake and habits are discussed. Obesity is a frequent result of unplanned snacking.

250-75
ESTROGENS IN BEEFSTEAKS.
Thomas H Jukes
J Amer Med Assoc 229 (14): 1920-1921. Sept 30, 1974.
448.9 AM37
Additives and adulterants, Beef, Carcinogens, Estrogens, Food additives, Food adulterants, Hormones, Meat.
Abstract: This paper, published in a journal for physicians, examines the use of estrogens-diethylstilbestrol (DES) in particular-with beef cattle. The carcinogenicity of DES is discussed and action by the FDA and subsequently by the Court of Appeals in barring its use as a food additive is detailed. The confrontation concerning DES is actually between the need for efficient agricultural practices and minute residue in foods. The author contends that it is unlikely that DES has such effect as a carcinogen and calls for further evaluation of it and various other agents.

259-75
FAMILIES OF THE FIELDS; THEIR FOOD AND THEIR HEALTH; REPORT OF FLORIDA MIGRANT NUTRITION PROJECT.
Mildred Kaufman, Eugene Lewis, Albert V Handy
Jacksonville, Florida State Division of Health 95 p. 1973.
WD5855.K3 F58
Agricultural personnel, Florida, Migrant workers, Nutrition education, Nutritional status, Nutritional surveys.
Abstract: A nutritional survey and intervention program of seasonal agricultural workers in two Florida counties is reported in this monograph. Nutritional status was assessed through dietary histories, medical, dental and anthropometric examinations and by multiple laboratory tests. Samples of the forms used are included. Efforts of intervention through nutrition education are also examined and discussed, and specific educational problems with this audience are identified. Those concerned with the nutrition education of migrant populations as well as nutrition education programs in general will find this report of interest.

260-75
EATING HABITS AND OPINIONS OF TEENAGERS ON NUTRITION AND OBESITY.
S A Kaufmann, B Pomeranski, K Glueenbein
J Am Diet Assoc 66 (3): 264-268. Mar 1975.
389.8 AM34
Adolescents (12-19 years), Food habits, Israel, Nutrition knowledge, Obesity, Socioeconomic influences.
Extract: Nutritional beliefs of 482 thirteen- and fourteen-year-old Israeli eighth grade students were surveyed, as were their eating habits, height, weight, and triceps skinfolds. Mean relative weight was close to standard, with median values close to means. Over half of the subjects were normal weight.

261-75
TEEN-AGERS DIETING FOR WEIGHT CONTROL.
S A Kaufmann, B Pomeranski, K Glueenbein
Matr Metab 16 (1): 33-37. 1974.
WW14.M8
Adolescents (12-19 years), Nutrient excesses, Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: A survey was conducted on 499 children, 13-14 years old, living in Jerusalem, Israel. Sixteen (7%) boys and 58 (21%) girls reported to diet for weight control. While most of these children were obese, by either subjective or objective criteria, an appreciable number of non-obese children were also dieting. It was thought that further investigation of physical characteristics, self-perception of body build, opinions about causes of obesity and nutritional knowledge of these children, might provide insight into their motivation to control their weight. The results were obtained by a trained interviewer through a questionaire and the measuring of body height, weight, and skinfold and were statistically analyzed. It was believed that the results would furnish important background information for those involved in weight control programs for adolescents and in proper guidance in dieting.

262-75
SHEP'S ON; A 1973-74 MINI-GRANT REPORT, URBAN DOLLARS.
Karen Kazmar
LXXIV (3): 70-71 LXXIV (3): 70-71, Nov 1974.
L11.I5 P58
Education, Effective teaching, Elementary grades, Foods instruction, Nutrition education, Teaching methods.
Abstract: This article briefly describes a nutrition class devised for twelve educable mentally retarded children of elementary school age. Emphasis was placed on learning experiences in nutrition, cooking and comparison shopping, along with the development of intellectual tasks, language use, sensory-perceptual awareness, motor skills and socialization skills. Specific activities are discussed, with varying roles available for individual children. Other teachers working with this age group should find these ideas of interest.

263-75
THE HIDDEN COST OF OBESITY.
Judi Konselman
Weight Watchers 7 (10): 54-56. Nov 1974.
RC628.W4 P58
Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: This article, written for the lay person, describes several "hidden costs" paid by individuals who are overweight and then attempts to motivate the overweight reader to seek treatment of this disorder. "Costs" outlined include job discrimination in terms of hiring and promotion, discrimination in education, problems in purchasing life insurance and clothes, and problems with furniture.

264-75
FOOD CONSUMPTION PRACTICES OF FAMILIES IN THE EXPANDED DELAWARE NUTRITION EDUCATION PROGRAM IN LOWER DELAWARE.
Lorraine B Kingdon, Ulrich C Toensmeyer
Newark, University of Delaware 52 p. Apr 1975.
TX360.U6K5 P58
Basic Four, Consumer economics, Delaware, Food consumption, Food habits, Low income groups, Nutrition education, Nutrition knowledge, Socioeconomic influences.
Abstract: This program was established to help low income families improve both their eating habits and nutrition knowledge. The report is concerned with progress of homemakers after six months in the program.

265-75
ACTION OF DIFFERENT BRAN PREPARATIONS ON COLONIC FUNCTION.
H O Kirvan, A W Smith, A A McConnell
Br Med J 4 (5938): 187-189. Oct 26, 1974.
448.8 B77
Constipation, Gastrointestinal disorders, Grain products, Physical properties, Plant sources of foods, Whole grain
Abstract: In this study two different types of commercially available bran, one composed of flake-like particles, the other of smaller, finer particles, were studied. The effectiveness of the two preparations in lowering intraluminal pressure and decreasing transit time in patients with constipation and diverticular disease was assessed. Only coarse bran promoted changes at the dose used. The physical properties of the bran were examined and it was concluded that water-holding capacity, upon which the beneficial effect of bran may depend, is a function of particle size. The greater water-holding capacity of coarse bran makes it preferable for the treatment of colonic disorders. Physicians, nutritionists, and other health professionals concerned with the treatment of diverticular disease and constipation will find this report of interest.

266-75
THE LAYMAN'S INTERPRETATION OF THE DENTIST'S ADVICE ON FLUORIDATION.
Leslie L Knutson
Bull Am Assoc Public Health Dentists 13 (1): 13-21. Feb 1953
RA421.A6 P58
Communication (Thought transfer), Dental health, Fluoridation, Information dissemination, Mass media, Public health.
Abstract: The problem of effective communication in public health dentistry are discussed. Fluoridation and its effects in preservation of teeth cannot be achieved by talking to the public. This problem requires community action and the most effective form of communication on this level is an interchange of information or ideas. Thus it is best to talk with people, who are then more likely to act to solve problems that concern them; rather than broadcast information indiscriminately.

267-75
VITAMIN D: INVESTIGATIONS OF A NEW STEROID HORMONE.
Gina B Kolata
Science 187 (4177): 635-636. Feb 21, 1975.
470 SC12
Biochemistry, Bone disorders, Calcium, Hormones, Research, Vitamin D.
Abstract: A newly discovered steroid hormone derived from vitamin D is being used in the treatment of bone and other disorders of calcium metabolism. This paper for the professional research worker discusses the biochemistry of this hormone, and its role in normal metabolism and in treatment of various disease states.

268-75
EXERCISE EQUIVALENTS OF FOODS; A PRACTICAL GUIDE FOR THE OVERWEIGHT.
Frank Konishi
Carbondale, Southern Illinois University Press 75 p. 1973.
RA781.K6
Caloric intake, Caloric values, Exercise, Obesity.
Abstract: Information includes recommended weights and calorie intakes for various body sizes and ages and the amount of time required for losing weight through the usual exercises of walking, stepping, bicycling, jogging and swimming. Also included is a list of precise caloric values of over six hundred foods in specified portions with the time required to expend the calories of each during 5 usual exercises. The book is completely indexed.

269-75
HAVING A BABY.
Kay ed Koschnick
Syracuse, New Readers Press 160 p., illus., soft cover. 1975
RJ61.5L P58
Infants (To 2 years), Pregnancy, Pregnancy and nutrition, Pregnant women, Prenatal education.
Abstract: Written for adults of limited reading ability, this book is full of practical information on having a baby. It covers the subject from conception through the baby's first six weeks at home and his relationship with the family. It will be particularly helpful to parents having their first

270-75
child as it tells them exactly what to expect what pregnancy and prenatal care involves, what happens when the baby is born, how to care for the baby, and what changes a baby will bring to their lives. Nutritional care for the mother and baby is briefly covered. Also included are sections dealing with the unmarried and pregnancy, abortion, and family planning.

270-75
QUESTIONS AND PROBLEMS ON NUTRITION.
Penelope Easton Kunsinel, Charlotte Stuart Harter
Danville, Ill., The Interstate Printers and Publishers 235 p.1974.
TX369.K8 K89
College curriculum, College programs, Guides, Instructional materials, Manuals, Nutrition education.
Abstract: Designed to accompany any current introductory college level nutrition text, this manual covers several nutrition topics through a series of study questions. Included are energy and nutrient needs and intake, food plans and choices for individual needs, and current issues and concerns relating to nutrition. Room is supplied for filling in the answers, the manual could be used for self-study with or without a review by an instructor.

271-75
FOOD FOR THOUGHT.
T P Labuza
Westport, Conn.,AVI Pub. Co. 179 p. 1974.
TX353.L3 F68
Digestion, Food preservation, Food processing, Laws, Nutrient requirements, Nutrients, Obesity, Weight control.
Abstract: This book is designed to be a resource to reach Americans who are "confused about what food and nutrition is all about." Initially one is led to consider the human body, its energy and nutrient needs - how they have been inferred and are expressed. Macro- and micronutrients are explained and discussed both structurally and metabolically. A separate chapter on fat and heart disease exemplifies the author's intent to offer readers bases for thinking through their food choices. A discussion of dietetics completes the basics of nutrition. A food industry overview is provided through a sequence of several topics. Inadequacies of the U.S. diet are pointed out, which leads into the final chapter of the book - obesity and weight control and "organic" and "natural" foods. A glossary and a booklist for further reading complete this work.

272-75
THE USE OF THE GROUP APPROACH IN TREATING JUVENILE OBESITY.
Vivienne Lazzrelli
Food Nutr Notes Rev 31 (9, 10): 198-200. Sept/Oct 1974.
389.9 AT73
Australia, Children, Exercise, Food habits, Group therapy, Obesity, Weight control, Weight reduction.
Abstract: A Junior Dieters' Club in Perth, Australia is described. Children 8 to 12 join through medical referral. Activities stress nutrition education; audiovisual materials are used extensively. Exercise is emphasized as a tool in weight reduction and control.

273-75
SUMMARY OF SURVEY OF NUTRIENT INTAKES OF 234 7TH-GRADE SCHOOL CHILDREN WITH REFERENCE TO SCHOOL MILK.
Shirley G Langelaan
Food Nutr Notes Rev 32 (1,2): 1-4. Jan/Feb 1975.
389.9 AT73
Australia, Child nutrition, Grade 7, Milk, Nutrient intake, Nutritional status, School lunch, Socioeconomic influences.
Abstract: Of the seven schools surveyed in Western Australia, the two with the poorest nutrient intakes had, in one case, a high proportion of migrant children, and in the other, a high proportion of aboriginal children.

274-75
EATING CHRISTMAS IN THE KALAHARI.
R B Lee
Natl Hist 78 (10): 14-22. Dec 1969.
500 AM83J
Africa, Cultural factors, Food beliefs, Food habits, Holiday foods, Social factors.
Extract: Since the 1930's, the African Bushmen have adopted enough of the western Christmas tradition to have a special feast and dance. The author describes the criticism and insults to which he was subjected after he donated an ox for the feast. He explains why the Bushmen do this-to keep the provider of the meat from becoming too arrogant.

275-75
SELENIUM AND CHROMIUM IN HUMAN NUTRITION: A REVIEW.
Orville A Levander
J Am Diet Assoc 66 (4): 338-344. Apr 1975.
389.8 AM34
Chromium, Deficiency diseases and disorders, Metabolism, Selenium, Trace elements, Vitamin E.
Extract: The roles of two essential trace elements-selenium and chromium--in human nutrition are reviewed, respectively, as related to: deficiency, occurrence in tissues, occurrence in foods, physiologic role, and possible significance in human health.

276-75
NUTRIENT COMPOSITION OF CARROTS, TOMATOES AND RED TART CHERRIES.
G A Leveille, C L Bedford, C H Kraut
Fed Proc Fed Am Soc Exp Biol 33 (11): 2264-2266. Nov 1974.
442.9 F31P
Carrots, Cherries, Food composition, Nutrient quality, Tomatoes.
Abstract: This paper presents nutrient profiles on carrots, tomatoes and red tart cherries harvested during 1972 and 1973. The effect of growing location and season is also examined. Observed variations were significant for major nutrients supplied. Data also demonstrated a significant growing location effect on carrots greater than that of variety or season, implying that environment can be altered to improve the nutrient profile of vegetable crops. Nutrient content of cherries was not greatly influenced by location or season. The large number of analysis presented could be useful in selecting varieties with high nutrient levels.

277-75
THE IMPACT OF TELEVISION COMMERCIALS ON HEALTH-RELATED BELIEFS AND BEHAVIORS OF CHILDREN.
Charles E Lewis, Mary Ann Lewis
Pediatrics 53 (3): 431-435. Mar 1974.
RJ1.P42
Child nutrition, Children, Mass media, Research, Television.
Abstract: This research, of interest to nutrition educators, points out the powerful influence television appears to have on health-related beliefs and behaviors of children. Of two groups studied (one affluent, the other disadvantaged), 77% of them believed the television health and illness messages they viewed, with prevalence of belief by disadvantaged children 20-30% higher than among other children. Personal experience and parental modeling behavior also appeared to increase the credibility of the messages. Taken together with findings in a previous study that 70% of all televised health messages viewed were judged by experts to be inaccurate, misleading, or both, the implications of these findings on the subsequent development of health and illness behavior in these children is a legitimate cause for concern.

278-75
A PILOT SURVEY OF FOOD FREQUENCIES, MEAL FREQUENCIES AND MEAL PATTERNS OF PRESCHOOL CHILDREN IN EAST LOS ANGELES.
Jane S Lewis, Phyllis B Acosta, Maybelle Carver
Washington, D.C., ERIC Document Reproduction Service 16 p.
June 27, 1972.
TX357.L4 F68
Food habits, Mexican Americans, Nutritional adequacy, Nutritional deficiencies, Preschool children (2-5 years).
Available from: Computer Microfilm International Corp., P.O. 190, Arlington, Virginia 22210, ERIC Report No. ED 067 193.
Abstract: The food frequency, meal frequency, and meal patterns of a group of Mexican American children attending Head Start in East Los Angeles and their siblings were studied. Parents were asked to record for a 3 day period the eating time, type and amount of food eaten, how food has been prepared, and how the child accepted the food, as well as the usual frequency that he ate various foods. For this study, 25 of the diet records and 23 of the questionnaires were useable. The diet records and questionnaires indicated that the childrens' intake of milk and meat were generally adequate but the number of servings of fruits and vegetables were frequently inadequate. The findings are presented in ten tables of data. This report could be of particular interest to those working with preschool nutrition education programs and food distribution programs for the Mexican American preschool child.

279-75
GUIDELINES FOR DIET COUNSELING.
Lyllis Ling, Doris Spragg, Patricia Stein
J Am Diet Assoc 66 (6): 571-575. June 1975.
389.8 AM34
Bibliographies, Counseling, Diet counselling, Diet improvement, Diet patterns, Dietitians.
Extract: Members of The American Dietetic Association have shown an interest in having some procedural guidance in the process of dietary counseling. Such guidelines, prepared by a committee of the Diet Therapy Section, are presented. They include: a clarification of terminology; requirements for counseling in terms of knowledge, skills, and equipment; recommended procedural steps in counseling; and a supportive bibliography.

280-75
A LITTLE ABOUT PLANT PROTEINS.
Food Nutr Notes P. 3-4. Feb 28, 1975.
aTX341.F6
Amino acids, Consumer economics, Food habits, Plant protein, Socioeconomic influences, Taste.
Abstract: Two thirds of food grade protein presently consumed comes from animal foods, but within the next twenty years plant proteins may increase substantially in use. Palatability and amino acid deficiencies in plant proteins are discussed and socioeconomic influences are noted.

281-75
FREQUENCY OF EATING AND DENTAL HEALTH.
Kenneth O Hadsen
Food and Nutr News 46 (4): 1-2, 4. Mar/Apr 1975.
389.8 F7332

Carbohydrates, Dental caries, Dental health, Etiology, Food habits, Meal patterns, Snacks.
Extract: Dental health is intimately related to eating habits. As our life-style changes our eating habits also change. The habit change of greatest concern is dental health is the increase in snacking or eating frequency. If snacking habits are planned only on the basis of assuring adequate daily nutrition--important as this is-dental caries may still be readily promoted because of the nature of the caries mechanism.

282-75
HOT AND COLD IN THE UNIVERSE OF SAN FRANCISCO TECOSPA, VALLEY OF MEXICO.
W Madsen
J Am Folklore 68: 123-139. 1955.
GR1.J6 F8#
American Indians, Cultural factors, Folk medicine, History, Illness, Medicine, Mexico, Research, Social factors.
Abstract: The Nahuatl Indians adapted the Hippocratic hot-cold system of disease and treatment, brought to the New World by Spaniards, to their own similar medical system involving a balancing of opposites. The Nahuatl assimilated the Spanish system in an eclectic fashion, rejecting elements they considered valueless and assigning new meanings to the European classifications. In this way, the hot-cold system kept expanding in Nahuatl culture until it pervaded not only personal healing but the whole Nahuatl concept of the universe. Ramifications of the hot-cold system today extend into the areas of cosmology, religion, magic, agriculture, animal husbandry, food preparation, childbirth, and death rituals.

283-75
THE INFLUENCE OF OBESITY ON HEALTH (SECOND OF TWO PARTS).
George V Mann
New Engl J Med 291 (5): 226-232. Aug 1, 1974.
448.8 N442
Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: The author of this article examines the relationship of obesity to various health situations and risk factors. The adipocyte-proliferation in early life hypothesis is presented and questioned. The effect of obesity on cholesterolosis is reported-ly small and of little consequence and it is concluded that smoking and obesity appear to be inversely related. Obesity in children and with pregnancy are also examined. Various treatments used for obesity are discussed including drug treatment, dietary treatment, and ileal bypass surgery, with group therapy and behavior modification appearing to be the most effective. Nutritionists concerned with the care and treatment of the obese person should find this paper of interest.

284-75
THE INFLUENCE OF OBESITY ON HEALTH; FIRST OF TWO PARTS.
George V Mann
New Engl J Med 291 (4): 178-185. July 25, 1974.
448.8 N442
Obesity, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: The consideration of obesity leads to examination of the optimal ways to measure and classify obesity, to the causes of obesity, to estimates of its distribution in varying cultural and socioeconomic groups, and to the optimal methods of treatment and their hazards. This review deals with each of these questions, but especially with the influence of excessive body fat on health. Five general mechanisms by which obesity might work disadvantages for health are outlined. Various aspects and hypotheses concerning obesity are presented including the metabolic lesions explanation, brown fat, genetics, feeding controls, indexes of obesity, and the relationship of obesity to cardiovascular disease and high blood pressure. Nutritionists and related health professionals dealing with the obese patient will find this review of interest.

285-75
POTASSIUM SUPPLEMENTATION, SERUM IMMUNOREACTIVE INSULIN CONCENTRATIONS AND GLUCOSE TOLERANCE IN PROTEIN-ENERGY MALNUTRITION.
M D Mann
Br J Nutr 33 (1): 55-61. Jan 1975.
389.8 B773
Blood glucose level, Kwashiorkor, Potassium, Protein-calorie malnutrition.
Extract: This study suggests that potassium depletion may play an important role in the subnormal insulin response to an intravenous glucose load in protein-energy malnutrition. Potassium supplementation results in a rapid improvement of the response and probably acts by facilitating insulin release.

286-75
SNAPP-SLIMMING TIPS FOR WAIST-WATCHERS.
Anne Manno
Forecast Home Econ 20 (5): f24-f25. Jan 1975.
321.8 N752
Attitudes, Calorie-restricted diets, Recipes, Weight, Weight control, Weight reduction.
Abstract: List of do's and don't's are supplied for weight watchers. Good nutrition is emphasized, with attention given to exercise and attitude. Several low-calorie recipes are supplied.

287-75
NUTRITION AND OUR OVERPOPULATED PLANET.
Sohan L Manocha
Springfield, Ill., Charles C. Thomas Co. 472 p. 1975.
TX353.M3 F8#
Food supply, Nutrition, Population distribution, Population trends, World problems.
Abstract: This book examines the relationship between nutrition, population and the task of feeding the masses, stressing the interdependence between all nations in these relationships. Special attention is focused on the nutritional needs of special age groups to describe ways they can obtain maximum nutritive value from existing food supplies. Groups covered included infants and preschoolers,adolescents and adults under normal and special conditions such as stress, physical performance, pregnancy and lactation, and old age. Special attention is also given to obesity and malnutrition. The book is directed toward students of sociology, anthropology, nutrition, medicine, biology, political science and history as well as the educated lay person interested in improving her/his concept of a balanced diet.

288-75
EFFECT OF DRUGS ON CARBOHYDRATE METABOLISM.
Vincent Marks
Proc Nutr Soc 33 (3): 209-214. Dec 1974.
389.9 N953
Alcohol, Blood glucose level, Carbohydrate metabolism disorders, Drugs.
Abstract: These drugs can be divided into two classes, one of which lowers and the other of which raises fasting blood glucose concentration. The effects of nicotinic acid, caffeine, diazoxide, the sulphonylureas and alcohol are reviewed.

289-75
PATTERNS OF GROWTH AND DIETARY HABITS IN ADOLESCENT GIRLS IN BRISBANE.
Elaine Marlay
Med J Aust 1 (7):. Apr 3, 1971.
R99.A8 F8#
Adolescents (12-19 years), Dental health, Females, Growth, Nutritional status.
Abstract: This study, of particular interest to those involved with the nutritional and dental care of children, examines the association of the menarche with height and weight and the frequency with which dentally harmful foods are taken to satisfy the demands of the growth spurt. It was found that the menarche tends to occur after the peak in the adolescent growth spurt in height, but the decline in weight gain is fairly rapid only after the menarche has been reached. The peak consumption of dentally harmful sweet, sticky foods occured in the pubescent group of ages 13-15 years, and there was a significant decline in the intake of sweet, sticky foods in those aged 15-17 years when the girls were past the time of the menarche.

290-75
COMPOSITION OF DIETS CONTAINING 25 AND 35 PERCENT CALORIES FROM FAT.
Mary W Marshall, James H Iacono, Calvert W Young
J Am Diet Assoc 66 (5): 470-481. May 1975.
389.8 AM3a
Cholesterol-low diets, Dietary study methods, Fat-controlled diets, Nutrient content determination, Recommended Dietary Allowances.
Extract: In a dietary study conducted to evaluate the effects of low-fat, low-cholesterol diets on the reduction of blood lipids in man, meals were analyzed for proximate composition, ten vitamins, fourteen minerals and trace minerals, fatty acids, tocopherols, and cholesterol. Validity of the calculated nutrient composition of the diets was assessed by comparing calculated with determined values. Comparisons were also made of the determined values with the 1974 Recommended Dietary Allowances.

291-75
TOO MUCH OF A GOOD THING? (FILMSTRIP/CASSETTE TAPE).
Marshfilm
Shawnee Mission, Kansas 57 fr. color. 35 mb. 1 audiocassette 17 min. s/a. [n.d.].
TX364.T6 F8# AV
Adolescents (12-19 years), Basic Four, Exercise, Health, Nutrient sources, Nutrition education, Obesity, Sugar, Weight control.
With teaching guide.
Abstract: Good nutrition, proper eating habits, and exercise are necessary adjuncts of weight control for teenagers. The human body is compared to a power plant and poor nutrition is likened to the current energy crisis.

292-75
SELLING OUT TO CORONARY SPECIALS.
Josephine Martin
Food Management 10 (6): 25-26. June 1975.
TX341.F69
Child nutrition, National School Lunch Program, Nutritional adequacy, Plate waste, School food service, School lunch, Type A lunch.
Abstract: This editorial considers proposals that would change the National School Lunch Program to remove the requirement of serving nutritionally adequate meals.

293-75

293-75
FOODS FOR BETTER HEALTH (FILMSTRIP/CASSETTE TAPE).
Manzoor H Nassev, Bettie P Rich
Gilman Hot Springs, Calif., Mt. San Jacinto College 1 filmstrip, 44 fr., sd, 35mm, col., 1 cassette tape: 10 min. 1973.
TX369.F627 F8W 1F
Basic Four, Basic nutrition facts, Food groups, Food preparation, Home, Food storage, Nutrient functions.
Abstract: This unit, directed toward mothers or those responsible for the food intake of the family, emphasizes the importance of a balanced diet for optimum health. A balanced diet is described as one containing adequate amounts of the six classes of nutrients and the viewer is shown how a diet planned around the Basic Four can help achieve this optimum nutrient intake. Each group is explained in terms of the foods that belong to that group, the function of the nutrients from these foods, and the amount needed by people of various age levels. A sample day's menu is presented for evaluation. Further advice on selecting a diet for optimum health is presented including the reduction of animal fats and cholesterol, the limitation of sugar-rich foods, general reminders on food preparation and storage, and the importance of breakfast, regular meal times etc. This unit could be used with consumer groups to introduce and summarize material taught.

294-75
TOO MANY PEOPLE TOO LITTLE FOOD.
Jean Mayer
Fam Health 6 (11): 42, 66. Nov 1974.
HA773.F3 F8W
Animal sources of food, Food production, Food supply, Grain products, Population growth, Protein foods.
Abstract: In this article published in a journal for the lay person, Dr. Mayer explains the development of the world food crisis, emphasizing such factors as the high price of oil, adverse weather conditions, the Soviet wheat purchases, and in increase in world population. The inefficient use of grain by its indirect consumption through meats, dairy products, and eggs is emphasized as a continuing cause of the problem. Other factors compounding this situation are described with their unknown effects on climate, the ecological balance, and water resources. The author therefore recommends modification of the diet by reducing the consumption of animal products and advises that those animal dishes consumed should be produced with a reasonably satisfactory ratio of grain to protein. He also calls for support to limit population growth and to offer more technical assistance to poor countries.

295-75
PROTEIN, THE MASTER BUILDER.
Jean Mayer
Fam Health 6 (8): 38, 39, 58. Aug 1974.
HA773.F3 F8W
Basic nutrition facts, Nutrient functions, Nutrient requirements, Plant protein, Protein foods, Proteins.
Abstract: This article, written for the lay public, discusses protein in some detail. Protein function, requirements, digestion, and utilization in the body are presented. The biological value rating of various proteins are listed. The author recommends protein-supplying foods that are low in cholesterol and saturated fats, and also recommends food sources that are fresh and minimally processed. The use of complementary proteins from non-animal sources is also explained and these sources are described as being less wasteful than meat and recommended for the diet.

296-75
MESSAGE FROM THE PRESIDENT OF SNE.
Jean Mayer
CNI Weekly Rep 5 (8): 2-3. Dec 1974.
TX341.C6 F8W
Food distribution programs, Food sources, Food supply, Meat, Meat alternates, World problems.
Abstract: In his message regarding world food supply, Dr. Mayer summarizes briefly the effect of the World Food Conference and points out the responsibility Americans have in meeting this crisis situation. Emphasis is placed on changing the American pattern of food consumption to a diet based to a larger extent on direct consumption of grain. Governmental persuasion is also supported to put pressure on CMEC countries and the Soviet Union to give more help in the relief effort. The specific role of the nutrition educator in this situation is described in terms of their explaining the advantages of such dietary changes to the American consumer. Nutrition educators should therefore find this brief message of interest.

297-75
TIME FOR REAPPRAISAL.
Jean Mayer
J Nutr Educ 7 (1): 8, 10-12. Jan/Mar 1975.
TX341.J6
Disease prevention, Food industry, Food supply, Nutrition, Nutrition education, Nutrition policy, Nutritional status.
Abstract: This paper is based on an address given at the annual meeting of the Society for Nutrition Education. In it is discussed several topics of interest to nutrition educators, including some causative factors affecting the world food supply, pricing practices and structure of the U.S. food industry, breakfast cereals, new food products, and nutrition and health. A call for action is made for the nutrition community to put pressure on regulatory bodies and at legislative hearings and to form a stronger link between people who are knowledgeable about nutrition and those who know how to agitate for action in the consumer field.

298-75
FIBER: THE NEGLECTED NUTRIENT.
Jean Mayer
Fam Health 7 (3): 41-42. Mar 1975.
HA773.F3 F8W
Basic nutrition facts, Consistency modifications, Constipation, Diarrhea, Fiber, Fiber-restricted diets, Gastrointestinal disorders, Gastrointestinal tract.
Abstract: The attributes of fiber are extolled in this article which answers the questions what is fiber, where does it come from, and how does it act in the digestive tract. Written for the lay person, it also points out some of the evidence which is not conclusive, on the relationship of fiber to diverticulosis and cancer of the bowel.

299-75
WATER, YOU CAN'T LIVE WITHOUT IT.
Jean Mayer
Fam Health 6 (5): 27-28. Sept 1974.
HA773.F3 F8W
Beverages, Fluid intake, Non-alcoholic beverages, Water, Water supply.
Abstract: In this report, written for the lay person, the author describes the role of water in individual health. The composition of bodily fluids is described, as are the general functions of water in blood, lymph etc. Methods for loss of fluids are explained and recommendations for water intake to satisfy the body's requirements are made. Sources of water in the diet are also described.

300-75
NUTRITION'S FUTURE: FOOD FOR THOUGHT.
Jean Mayer
Fam Health 7 (1): 42-43. Jan 1975.
HA773.F3 F8W
Fluoride, Food supply, Infant diets, Infant feeding, Pregnancy and nutrition, Pregnancy diets, Vitamins.
Abstract: This article, written for the lay person, reviews a few of the areas in nutrition research in which advances are being made. Nutritional needs during pregnancy and infancy are first discussed and the beneficial effects of proper nutrition in terms of development of brain cells and fat cells are emphasized. The nature of vitamins is another area discussed, in particular recent developments about vitamins, D, E and C. The function of fluoride in osteoporosis is also presented. The author concludes with a recommendation to reduce the consumption of meat to help ease the world food crisis.

301-75
AN INTERPRETIVE REVIEW: DIET IN EARLY LIFE AND THE PREVENTION OF ATHEROSCLEROSIS.
Lois D McBean, Elwood W Speckmann
Pediatric Annals 8: 837-842. 1974.
WJ1.P4 F8W
Atherosclerosis, Cardiovascular disorders, Coronary heart disease, Diets, Infant diets.
Abstract: This review discusses the following: opposing recommendations regarding dietary manipulation in early life as a preventive measure of atherosclerosis; the pathogenesis of atherosclerosis; factors other than diet such as genetics which may be associated with the development of atherosclerosis; possible detrimental effects of early dietary intervention; the circumstances under which dietary changes are justified; and the role of the pediatrician in the prevention of atherosclerosis. It is concluded that at present it appears advantageous to identify and treat in well designed studies the 5-7% of children in the U.S. who are genetically predisposed to atherosclerosis. Long term studies to justify dietary modification for the general population are still needed. Those involved with the nutritional and total health care of the public may find this review of interest.

302-75
AN EVALUATION OF FOOD HABITS AND NUTRIENT INTAKES IN CANADA; DESIGN OF EFFECTIVE FOOD GUIDES.
Patricia McClinton, Heather Hilas, George Beaton
Can J Public Health 62 (Mar/Apr 1971): 139-146. Mar/Apr 1971.
449.8 P964
Basic Four, Food guides, Food habits, Nutrient intake.
Abstract: This article evaluates the food patterns and nutrient intakes from previous survey data taken in Canada in an attempt to develop an effective food guide. Food consumption survey data are compared against the "Canadian Dietary Standard", the "Basic Four", the "Basic Seven" and "Canada's Food Guide". The article includes a new recommended food guide and a new teaching guide that will be of value to nutritionists.

303-75
MOLECULES IN FOOD THAT ALTER DRUG METABOLISM.
A H M McLean
Proc Nutr Soc 33 (3): 197-202. Dec 1974.
389.9 N953
Carcinogens, Drugs, Food additives, Food adulterants, Food contaminants, Metabolism, Pesticide residues.
Extract: Drugs are a sub-class of the large class of molecules which are absorbed but do not enter into the normal pathways of energy metabolism or biosynthesis. As foreign compounds are ubiquitous in food, enzyme systems have evolved for their disposal. The pathways that metabolize amines, sterols, paraf-

tins and other molecules from food have enabled man to use and dispose of drugs as well. It is now becoming clear that most toxic and carcinogenic molecules are a further sub-class of this class. They are those molecules which are stable enough to survive in the environment, but once inside the body happen to be converted to reactive molecules capable of attacking cell macromolecules.

304-75
NUTRITION FOR THE GROWING YEARS. 2d ed.
Margaret McWilliams
New York, John Wiley 452 p. 1975.
WJ2 6.M3 1975 P&N
Child nutrition, Dental health, Growth, Mental development, Physical development, Pregnancy and nutrition, Weight control.
Extract: This book is designed on the theoretical basis of child nutrition with the practical realities of feeding infants and children. Developmental needs are emphasized to clarify the reasons for dietary suggestions. Various ways of establishing good nutrition patterns for one through a lifetime are discussed. Attention is given to practical problems faced by professionals concerned with child nutrition.

305-75
CULTURAL CONTEXTS OF NUTRITIONAL PATTERNS.
M Mead
American Association for the Advancement of Science
In Centennial Collected Papers, American Assn. for the Advancement of Science, Washington, D.C., 1950. 9 p. 1950.
Q11.A4 P&N
Anthropology, Cultural factors, Diet patterns, Dietary study methods, Food beliefs, Food habits, Nutrient intake, Nutrition knowledge, Social factors.
Extract: In introducing new foods, their social and cultural relevance is as important as their nutritional value. Food beliefs can be nutritionally relevant or irrelevant. A combination of approaches and techniques for studying food habits has never been thoroughly used for research purposes with one group of people. Certain factors are very important: how children learn, the ceremonial feasting pattern and its significance for food distribution, new foods which have been substituted under new conditions, and cooking methods and how they are transmitted.

306-75
THE FACTOR OF FOOD HABITS.
M Mead
Ann Am Acad Polit Sci Soc 225: 136-141. Jan 1943.
280.9 AM34
Behavior change, Food habits, Food preferences, Food selection, Individual characteristics, Psychological aspects, Social factors.
Extract: Food habits are an aspect of individual behavior, subject to change and characteristically selected out by parents, teachers, and others to be commented on in terms of change. Changes can be morally dictated (it's good for you), made socially desirable, given scientific sanction, or simply forced by authority or circumstances.

307-75
HOW THE PAPUAN PLANS HIS DINNER.
M Mead
Natl Hist 38 (4): 377-388. July/Aug 1934.
500 N21
Anthropology, Cultural factors, Diet patterns, Food habits, Food preferences, Food selection, Foodways, New Guinea, Social factors.
Extract: The Mountain Arapesh of New Guinea depend on taro as a staple. It doesn't keep very well, so the Arapesh are always busy planting or digging them up. Yams keep longer but are harder to grow. Arapesh gardens also contain greens and other items essential to a meal. They raise pigs and use every bit of protein available. The Arapesh plant seeds in the gardens of their relatives to have the later pleasure of working in the garden with family members.

308-75
HOW I TEACH NUTRITION.
Diane Meade
Forecast Home Econ 20 (6): F66-f67. Feb 1975.
121.8 F752
Nutrition education, Teaching techniques.
Abstract: This instructor relates the human body functions to the automobile mechanism, and teaches both boys and girls, the boys learning some nutrition and the girls learning something of the way a car functions.

309-75
THE NEWER ESSENTIAL TRACE ELEMENTS, CHROMIUM, TIN, VANADIUM, NICKEL AND SILICON.
Walter Mertz
Proc Nutr Soc 33 (3): 307-313. Dec 1974.
389.9 N95i
Chromium, Deficiency diseases and disorders, Nickel, Nutrition, Silicon, Tin, Trace elements, Vanadium.
Extract: Although markedly different in their chemistry, mode of action, and effective levels, the newer essential trace elements have in common that they were first known for their toxic actions in excessive concentrations and that the induction of a dietary deficiency is very difficult. Deficiencies severe enough to cause death have not yet been demonstrated for any of these, and this fact has necessitated the adoption of a new, more liberal definition of essentiality.

310-75
ENGLISH-SPANISH GUIDE FOR PUBLIC HEALTH NURSES IN MATERNAL AND CHILD HEALTH.
New Jersey, Dept. of Health
T Mezey
Trenton, N.J. 21 p. June 1963.
RA440.5.N4 P&N
Bilingual education, Communication skills, Health personnel, Maternal and child health, Nursing, Public health nurses, Spanish (Language).
Reprinted with permission of Migrant Project, Palm Beach County Health Department, West Palm Beach, Florida.
Abstract: For non-Spanish speaking public health nurses, here is a Spanish/English phrase book with pronunciation guides to help in communicating with patients who do not speak English.

311-75
NIPPER'S SOUL FOOD STORY.
California, University, Berkeley, Cooperative Extension Service
Morrie
Berkeley, Calif. unp. July 1971.
TX364.C324 P&N
Cartoons, Diet information, Food guides, Food selection, Nutrition education.
Abstract: In this cartoon strip, Nipper, a little boy, has set up a "soul food" stand where he is selling milk at five cents a glass. Two friends come along and ask what soul food is; whereupon Nipper explains that not only ethnic foods are "soul" stuff but also milk, cheese, ice cream, eggs, meat, poultry, fish, beans, fruits, vegetables, bread, and cereals. One of Nipper's friends is convinced and decides to order a glass of milk. Nipper charges her ten cents instead of five, the additional five cents being his fee for giving such good health advice.

312-75
MOST PEOPLE KNOW LITTLE ABOUT NUTRITION.
Macaroni J 56 (9): 24-26. Jan 1975.
298.8 M46
Deficiency diseases and disorders, Food technology, Labeling, Nutrients, Nutrition education, Nutrition knowledge, Nutrition programs, Recommended Dietary Allowances, World problems.
This article originally appeared in The National Observer.
Extract: To many customers, already harried by the economics of food and conditioned by the sociology of food, nutrition is as provocative as broccoli and as lucid as alphabet soup. Nutrition, as most remember it from their 8th grade health class, has a lot to do with vitamins and minerals and something to do with building bodies at least 12 ways.

313-75
HUMAN NUTRITION. 2d ed.
W H Mottram
London, Edward Arnold (Publishers) Ltd. 266 p. 1963.
TX551.M6 1974 P&N
Allergies, Dietetics, Energy metabolism, Nutrient retention, Nutrients, Nutrition, Nutrition concepts.
Abstract: Subjects treated in this book include the nutrients, the optimal diet, and nutrition theory. Food handling is covered through discussions of hygiene and retention of nutrients during cooking, storage and processing. Food allergies and unorthodox diets are discussed. Other sections present the nature of foods, fundamentals of dietetics and the science of nutrition. Digestion, metabolism, and absorption of food are discussed.

314-75
PROVISIONAL TABLES ON THE ZINC CONTENT OF FOODS
Elizabeth W Murphy, Barbara Welles Willis, Bernice K Watt
J Am Diet Assoc 66 (4): 345-355. Apr 1975.
389.8 AM34
Animal sources of foods, Calculated nutrient content, Trace elements, Zinc.
Extract: Two tables containing representative values for zinc content of approximately two hundred foods are presented and discussed. Table 1 lists data on the zinc content of 100-gm. Edible portions of raw and cooked foods. In table 2, data on the zinc content of common household portions of food, primarily in ready-to-eat forms, are tabulated.

315-75
WABISCO NUTRITION INFORMATION.
Wabisco
New York, Wabisco 99 cards. [n.d.].
TX364.W37 P&N
Calculated nutrient content, Food analysis, Food composition, Food composition (F.P.), Food composition tables, Food data sources.
Abstract: This is a collection of cards containing nutrition information on approximately 100 leading WABISCO varieties. Included are the average serving size, number of servings per container, and numbers of calories and grams of protein, carbohydrate and fat for this serving of each product. Also given per serving are the percentages of the U.S. Recommended Daily Allowances (U.S. RDA) for protein, vitamins and minerals. This information should prove of interest to nutrition educators and consumers alike desiring this information to correctly assess the nutrient contributions of these products.

316-75

316-75
CAFFEINE CONTENT OF BEVERAGES AND CHOCOLATE.
Margarita Wary
J Amer Med Assoc 229 (3): 337. July 15, 1974.
448 9 AM37
Beverages, Chocolate and cocoa, Coffee, Food analysis, Food composition, Nutrient content determination, Tea.
Abstract: This question and answer on caffeine, published in a journal for physicians, offers information that will also be of interest to other health professionals questioned about foods. The average caffeine content for coffee prepared by various methods, instant coffee, decaffeinated coffee, tea, cola drinks, chocolate and ovaltine are listed. Nutrition educators questioned about caffeine in food will find this list and discussion most helpful.

317-75
VITAMIN D INTOXICATION IN INFANTS.
Samir S Bajjar, Aida Yazigi
Environ Child Health 19 (3): 271-274. Sept 1973.
RJ1 A136 P6#
Hypervitaminosis D, Iatrogenic malnutrition, Infants (To 2 years), Nutrient excesses, Supplements (Nutrient), Toxicity, Vitamin D, Vitamins.
Abstract: This communication reviews the clinical, biochemical and radiologic findings of fifteen cases of vitamin D toxication in infants and discusses briefly their therapy. The typical manifestations of vitamin D toxicity are attributed mainly to the resultant hypercalcemia. Of interest is the fact that some of the infants so diagnosed had an indication for massive vitamin D therapy although all had received excessive amounts of the vitamin. Continuing education of the medical professional and related personnel is stressed to prevent this often iatrogenic disease.

318-75
IMPROVEMENT OF PROTEIN NUTRITURE.
National Academy of Sciences, National Research Council, Food and Nutrition Board, Committee on Amino Acids
Washington, D.C. 201 p. 1974.
RC627.P7I4 P6#
Amino acids, Deficiency diseases and disorders, FAO/WHO, Fortification, Fortification agents, Nutrient requirements, Proteins.
Abstract: This collection of nine papers is concerned with evaluation of procedures for improving protein nutriture by fortification of diets with amino acids.

319-75
EGGS: YOUR DIET AND YOUR HEALTH.
National Commission on Egg Nutrition
Park Ridge, Ill., National Commission on Egg Nutrition 8 p. [n.d.].
TX556.E4E3 P6#
Cholesterol, Consumer education, Coronary heart disease, Eggs, Minerals, Proteins, Vitamins.
Abstract: This pamphlet has been written to inform consumers of the nutrient value of eggs in providing protein, vitamins and minerals. Formation of cholesterol in the body is discussed, as is its role in coronary heart disease.

320-75
TO YOUR HEALTH...IN YOUR SECOND FIFTY YEARS.
National Dairy Council
Chicago, Ill. 6 p. 1974.
TX355.T6 P6#
Basic Four, Food cost, Food fads, Food stamp programs, Labeling, Middle adults (35-64 years), Nutrients, Nutrition education.
Abstract: Health and nutrition for those over fifty are discussed. Nutrients, labelings, fads, food stamp programs, shelf planning, and available facilities are covered. Tables of low and moderate cost menus from the four basic food groups are given. Some attention is given the social aspects of nutrition.

321-75
U.S. RDA COMPARISON CARDS (CHARTS).
National Dairy Council
Chicago, National Dairy Council 40 charts, 8 1/2"x11", col.,-.1974.
TX364.U532 V6# A7
Instructional aids, Instructional materials, Nutrient quality, Nutrient values, Secondary education, U.S. Recommended Dietary Allowances.
With 16 p. Teacher's guide.
Abstract: This set of comparison cards consists of 57 bar graphs which demonstrate the nutrient values of 57 commonly eaten foods. The colored bars on each represent for one serving of food that food's percentage contribution to the U.S. Recommended Daily Allowance for eight nutrients with the calculations being based on the U.S. RDA for adults and children over four. Color bands matching those on the cards and overprinted with the name of each nutrient are provided for use with large audiences. Also included are two duplicating masters, one the basic bar graph form useful in making additional cards and the other a listing of nutrient amounts and percentages of the U.S. RDA for 24 foods not included in the set. The teacher's guide offers background information, objectives, generalizations, and references important to the use of the cards plus teacher led activities divided into these categories: food value, meal planning, food purchasing, and weight control. Procedures for teachers to follow. Prerequisite student skills, and materials or resources are listed. Activities are appropriate for intermediate through college level.

322-75
FOOD BEFORE SIX; A FEEDING GUIDE FOR PARENTS OF YOUNG CHILDREN.
National Dairy Council
Chicago, National Dairy Council unpaged leaflet. 1968.
TX361.C5N33 P6#
Basic Four, Child nutrition, Children, Food guides.
Abstract: This leaflet provides instruction in feeding of children younger than six. It briefly discusses a pleasant mealtime atmosphere, the Basic Four, child-size servings and utensils, and food problems such as: new foods, likes and dislikes, eating and not eating. This broad, general approach includes favorite foods, snacks, desserts, clean hands, rest, play and health.

323-75
YOUR CHILDREN'S HEALTH DAY BY DAY. (SPA)
National Dairy Council
Chicago, Ill. unp. 1972.
TX361.C5N32 P6#
Child care, Child nutrition, Children, Dental health, Exercise, Food intake, Health needs, Hygiene.
Title of Original: La salud diaria de sus ninos.
Abstract: Daily health care for children includes (1) nutritious meals and snacks, (2) proper hygiene--clean bodies, teeth, and hair, (3) comfortable clothes that suit the weather and the child's activities, (4) regular medical and dental care, and (5) restful sleep.

324-75
A GUIDE TO GOOD EATING (CHARTS). 3d ed. (SPA)
National Dairy Council
Chicago, Ill. 7 chart, 18"x28", col; 1 miniature chart 4 1/2"x6 1/2", col. 1972.
TX355.N38 1972 P6#
Basic Four, Diet information, Food groups, Food guides, Meal planning.
Title of Original: Una guia para comer bien (Charts). Both charts in Spanish with a teacher's guide printed in English.
Abstract: To maintain a healthful, balanced diet, foods from each of the Basic Four groups should be eaten every day. The large chart depicts the four food groups and the recommended daily portions of each. The miniature chart depicts the Basic Four, and on the reverse side outlines a typical daily menu based on the four food groups.

325-75
NEW MEAT IDENTITY PROGRAM WILL HELP YOU BE A SMARTER SHOPPER ..A BETTER COOK.
National Live Stock and Meat Board
Chicago, National Live Stock and Meat Board 20 p., illus. 1974.
TX373.N34 P6#
Cooking methods, Food preparation, Meat, Meat cuts, Meat grades, Meat products, Meat specifications.
Abstract: This pamphlet tells the consumer "how to get the greatest value from the dollars you spend for meat" various points to assist in the proper purchase, care, and preparation of meat are offered, including: a description of the uniform meat identity label; charts of beef, pork, lamb, and veal which identify retail cuts of meat; recommended methods of cooking the various cuts; specific tips on the purchase of ground beef; information on home care and storage; meat grades; and directions for roasting, broiling, frying, braising, and cooking meat in liquid. Nutritionists may want to include this pamphlet as a resource in consumer nutrition education programs.

326-75
HAZARDS OF OVERUSE OF VITAMIN D.
National Research Council, Food and Nutrition Board, Committee on Nutritional Misinformation
Washington, National Academy of Science 3 p. Nov 1974.
TX553.V5H3 P6#
Basic nutrition facts, Nutrient requirements, Nutrient sources, Supplements (Nutrient), Toxicity, Vitamin D.
Abstract: This statement, emphasizing the hazards of an excessive vitamin D intake, describes specific repercussions such an intake can cause. Determined or estimated requirements of vitamin D for various age levels are presented along with sources of the vitamin effective in meeting those requirements. Vitamin D concentrates are advised only in conjunction with a physician's care and only for infants under certain conditions or for individuals with diseases affecting vitamin D absorption or metabolism. This statement will be of interest to anyone involved in the nutritional care of the public.

327-75
WATER DEPRIVATION AND PERFORMANCE OF ATHLETES.
National Research Council, Food and Nutrition Board, Committee on Nutritional Misinformation
Washington, D.C. 4 p. May 1970.
TX361.A8W3 P6#
Athletes, Exercise, Fluid intake, Mortality, Water.
Abstract: Depriving athletes of water has caused avoidable tragedies. Heat stroke, a sudden collapse and loss of consciousness, precipitated by physical exertion and inadequate fluid intake, is a serious hazard during strenuous exercise.

320-75
IRON-FORTIFIED BREAD.
Haakon Watvig, Odd D Vellar
Acta Med Scand 194: 463-471. 1973.
B5 A2 F6W
Breads, Fortification, Fortification agents, Fortified foods, Iron
Abstract: In this report of interest to nutritionists and related professionals, the fortification of bread products with iron is examined. Various studies done concerning this process are briefly reviewed and then the twenty month controlled community-based experiment with ferrous sulphate-enriched flour is described. The monitoring of the effect of the program was performed on a group of 202 women of child bearing age with another 215 women serving as controls. Although the periodic blood examinations failed to give conclusive evidence of the hematinic effect of the iron supplement, women with the lowest circulating Hb levels suggested that the added iron was absorbed and utilized for Hb synthesis. It was proposed that the the sensitivity of the trial wasn't sufficient to test the effect of the iron fortification program and that a more realistic prophylactic design would be in order. It is, however, recommended that all white flour be enriched with ferrous sulphate.

329-75
NEW USDA REGULATIONS MAKE NEEDY CHILDREN ELIGIBLE FOR FREE MILK.
CNI Weekly Rep 4 (33): 1-2. Aug 15, 1974.
TX341.C6 F6W
Child nutrition, Child nutrition programs, Milk, Milk programs, U.S. Dept. of Agriculture.
Abstract: This article briefly discusses new USDA regulations on free milk for needy children and details the amount of free milk given to eligible institutions, the reimbursement amounts paid by the USDA and eligibility standards for children and institutions. The revisions found in this new regulation that differ from previous proposals are highlighted. Those involved with the nutritional care of children should be aware of this proposal.

330-75
INNOVATIONS AND CHALLENGES (MOTION PICTURE).
New England State Educational Council, Inc.
Cambridge, WGBH Television Station 1 reel, sd., col., 30 min., 16 mm. 1973.
TX364.U59 NO. 10 F6W AV (U.S. Food and Nutrition Service. Food for youth series , no. 10)
Food habits, Food service workers, Innovation, Methodology, New foods, Nutrition concepts, Nutrition education, Psychological aspects, School food service.
Also available in videocassette format; with study guide (Fall 1975).
Abstract: This is the last in a series of ten presentations in a course designed for school food service workers. The role of school food service personnel in nutrition education is described. Food service can educate and must since food habits developed during childhood last a lifetime. If these are good food habits, a contribution has been made to health. A recapitulation of the 9 previous lectures is given. Some attention is given to current theories in nutrition, for example, that poor nutrition can result in poor social and learning behavior. Evidence for the validity of this premise is inconclusive. Other factors may be the cause or act in conjunction with nutrition problems. New types of food, engineered foods, and the tests they are subjected to are discussed. They will require new standards. New methods of preparation and serving, and new equipment are described. This film completes the series.

331-75
NEW INSIGHTS INTO HEART DISEASE.
Agric Res 23 (2): 10-11. Aug 1974.
1.98 AG84
Atherosclerosis, Cardiovascular disorders, Copper, Coronary heart disease, Zinc.
Abstract: This article presents a new theory which may reconcile some of the medical opinions that abound on the course of coronary heart disease. Causes that have previously been suggested include high serum levels of cholesterol, consumption of soft water, high consumption of sucrose, low consumption of vegetable fiber, and lack of exercise. Research now points to a relationship of all these hypotheses to the zinc and copper in a person's body and these relationships are outlined. An ideal balance of dietary zinc and copper for humans has never been determined and researchers plan to increase their understanding of chemical and physiological mechanisms of zinc and copper in the body. Nutritionists and related professionals should find this report of interest.

332-75
FOOD IS IMPORTANT FOR ACTIVITY, EFFICIENCY, FITNESS, AND SPORTS; FOOD IS IMPORTANT FOR YOUNG WOMEN AND FUTURE WIVES. (SPA)
New Jersey, Dept. of Health, Nutrition Program
Trenton, N.J. unp. Aug 1961.
TX361.C5N43 F6W
Adolescents (12-19 years), Diet information, Females, Food groups, Food guides, Food intake, Males, Nutrient requirements.
Title of Original: El alimento es importante para la agilidad, eficiencia, aptitud, y diversion; el alimento es importante para la jovencita y para la mujer del futuro.
Abstract: For a well-balanced diet, adolescents need daily servings of food from each of the Basic Four groups. Snacks should be nutritional and sweets of all kinds should be avoided. These pamphlets suggest meal plans for breakfast, lunch, and dinner.

333-75
SO YOU ARE GOING TO HAVE A BABY! (SPA)
New Jersey, Dept. of Health, Nutrition Program
Trenton, N.J. unp. June 1958.
TX361.P7N42 F6W
Diet information, Diets for special conditions, Food guides, Meal planning, Pregnancy, Pregnancy diets, Pregnant women
Title of Original: Con que usted va a tener un bebe!
Abstract: Pregnant women have special dietary needs over and above those of non-pregnant women. This brochure outlines the basics of a good pregnancy diet and provides a menu plan for three meals and a snack.

334-75
FOOD FOR SCHOOL-AGE CHILDREN--SIX TO TWELVE YEARS. (SPA)
New Jersey, Dept. of Health, Nutrition Program
Trenton, N.J. unp. June 1958.
TX361.C5N84 F6W
Diet information, Food guides, Food intake, Meal planning, School children (6-11 years).
Title of Original: Alimentos para los muchachos de edad escolar--seis a doce anos.
Abstract: School children need daily servings of foods from each of the Basic Four groups. This brochure outlines in a general way the basic nutritional needs and recommended food intake of 6- to 12-year-olds.

335-75
FOOD FOR GROWING UP--FOR CHILDREN TWO TO SIX. (SPA)
New Jersey, Dept. of Health, Nutrition Program
Trenton, N.J. unp. June 1958.
TX361.C5N45 F6W
Diet information, Food guides, Food intake, Meal planning, Preschool children (2-5 years).
Title of Original: Alimentos para el crecimiento--para ninos que tengan dos a seis anos.
Abstract: Sample menus are provided in this brochure for three meals and suggestions are given for nutritious between-meal snacks.

336-75
ENJOY YOUR LOW SODIUM DIET. (SPA)
New York (City), Dept. of Health, Maternity and Infant Care/Family Planning Projects, Nutrition Services
New York, N.Y. unp. [n.d.].
RA237.9.N3 F6W
Diet information, Food guides, Meal planning, Seasonings, Sodium-restricted diets, Therapeutic and special diets.
Title of Original: Cose su dieta baja en sodio.
Abstract: For those on a low-sodium diet, here are some suggestions for seasoning foods without using salt.

337-75
BETTER HEALTH FOR BABY AND MOTHER. (SPA)
New York (City), Dept. of Health
New York, N.Y. 35 p. 1968.
TX361.I6N4 F6W
Child care, Child nutrition, Diet information, Food guides, Infant feeding, Maternal and child health, Meal planning.
Title of Original: Mejor salud para el bebe y la madre.
Abstract: Infants need a well-balanced diet just as do older children and adults. This booklet, designed for Puerto Rican parents in New York City, provides basic information on infant feeding and general child care for the newborn.

338-75
EAT FOODS RICH IN IRON. (SPA)
New York (City), Dept. of Health, Bureau of Nutrition
New York, N.Y. unp. Dec 1958.
TX553.I7N4 F6W
Diet planning, Food guides, Food intake, Food selection, Iron, Meal planning, Nutrient intake.
Title of Original: Coma alimentos ricos en hierro.
Abstract: Iron-rich foods prevent anemia and provide vitality Foods high in iron can be found in all of the Basic Four groups except the milk group. Every meal should be planned to include at least one iron-rich food.

339-75
VITAMIN A SAVINGS BANK. (SPA)
New York (City), Dept. of Health, Bureau of Nutrition
New York, N.Y. 4 p. May 1971.
TX553.V5N4 F6W
Diet planning, Food guides, Food intake, Food selection, Meal planning, Nutrient intake, Nutrient sources, Vitamin A.
Title of Original: El banco de ahorros de la vitamina A.
Abstract: Foods rich in vitamin A contribute to good growth and development for children, healthy eyes, clear skin, glossy hair, and better resistance to certain infections. Vitamin A can be gotten from meat, cheese, eggs, vegetables, and fruits. Each meal should be planned to include at least one food high in vitamin A.

340-75
EAT BREAKFAST, START EVERY DAY RIGHT--THE TAKE-OFF IS IMPORTANT. (SPA)
New York (City), Dept. of Health, Bureau of Nutrition

341-75
New York, N.Y. unp. Apr 1966.
TX733.N4 F5N
Breakfast, Food intake, Food selection, Meal patterns, Meal planning.
Title of Original: Como desayuno, empiece el dia bien--"ponerse a tono" es importante.
Abstract: A good breakfast is needed by everyone--young and old. It is the easiest meal to prepare, wards off mid-morning fatigue, will not cause weight gain, and furnishes nutrients needed by the body. A good breakfast pattern includes (1) juice or fruit high in vitamin C, (2) a protein food, (3) whole-grain bread or cereal, and (4) a beverage.

341-75
THE STAR OF GOOD NUTRITION. (SPA)
New York (City), Dept. of Health, Bureau of Nutrition
New York, N.Y. unp. June 1969.
TX355.N43 F5N
Diet planning, Food groups, Food guides, Food intake, Food selection, Meal planning.
Title of Original: La estrella de la buena alimentacion. Includes wall poster, 17" x 22 1/4".
Abstract: The "Star of Good Eating" is a six-pointed diagram showing the six basic and necessary components of a good daily meal plan. These components include the Basic Four food groups plus vitamin-C foods and fats and oils.

342-75
GOOD FOOD FOR GOOD HEALTH. (SPA)
New York (City), Dept. of Health
New York, N.Y. set of 7 pamphlets, 4 pages each. May 1961.
TX354.N42 F5N
Basic Four, Diet information, Food groups, Food guides, Food intake, Food selection, Meal planning.
Title of Original: Buena alimentacion para la buena salud.
Abstract: A good diet means eating adequate amounts of food from each of the Basic Four groups every day. The pamphlets in this set describe the kinds of foods that should be consumed: Alimentos ricos en vitamina C (foods rich in vitamin C); Papas y otras hortalizas y frutas (potatoes and other vegetables and fruits); Cereal o pan (cereal or bread); Una hortaliza verde obscuro o de color amarillo obscuro (a dark green or deep yellow vegetable); Aceites para ensaladas o para cocinar (salad or cooking oils); Pescado, carne o aves (fish, meat or poultry); Leche o queso (milk or cheese).

343-75
FOOD YOU SHOULD EAT IF YOU HAVE TUBERCULOSIS. (SPA)
New York (City), Dept. of Health
New York, N.Y. unp. Jan 1967.
WC311.3.D5N5 F5N
Diet information, Diet planning, Food intake, Meal planning, Respiratory disorders, Therapeutic and special diets, Tuberculosis.
Title of Original: Alimentos que deben comerse cuando se tiene tuberculosis.
Abstract: People with tuberculosis need an extra supply of nutrients in their diet. This pamphlet provides helpful information on what and how much a tubercular patient should eat.

344-75
FOODS FOR THE PRESCHOOL CHILD. (SPA)
New York (City), Visiting Nurse Service
New York, N.Y. single-sheet flyer printed one side only. 1970.
TX361.C5N42 F5N
Child nutrition, Diet information, Food groups, Food guides, Meal planning, Preschool children (2-5 years).
Title of Original: Comidas para el nino pre-escolar. Adapted from the U.S. Children's Bureau publication, "Foods for the Preschool Child".
Abstract: Preschool children need daily servings of foods from the Basic Four groups.

345-75
WHILE YOU WAIT FOR YOUR BABY TO COME. (SPA)
New York (City), Visiting Nurse Service
New York, N.Y. unp. 1971.
TX361.P7N4 F5N
Diet information, Food groups, Food guides, Pregnancy, Pregnancy and nutrition, Pregnancy diets, Pregnant women.
Title of Original: Durante la espera del nacimiento de su bebe.
Abstract: A good diet that includes foods from the Basic Four groups is important to the health of mother and unborn baby.

346-75
HOW I TEACH NUTRITION.
Aline Newman
Forecast Home Econ 20 (7): 58, 610. Mar 1975.
321.8 N752
Instructional materials, Nutrition education, Student involvement, Teaching techniques.
Abstract: This instructor in nutrition bypasses traditional teaching techniques and uses a multimedia approach to supplant lectures and classwork. Student participation via projects, meal preparation and nutrition research are important features in her teaching techniques.

347-75
A NUTRITION COUNSELING SESSION FOR COLLEGE WOMEN ON THE PILL
Maryalice Nordquest, Eva Medved
J Nutr Educ 7 (1): 29-31. Jan/Mar.
TX341.J6
College students, Contraceptives, oral, Counseling, Nutrition education, Nutritional deficiencies, Nutritional status
Abstract: This paper examines the nutritional implications of oral contraceptive agents which appear to include low folacin and vitamin B-6 status, possible low ascorbic acid levels, relatively good iron nutriture, and weight gain. A pilot study of young college women initiating oral contraceptive agents therapy indicated gaps in both general nutrition knowledge and potential nutrition related problems associated with the pill. It is suggested that nutrition counseling for this group could be appropriate and effective as such a program could provide an opportunity to reinforce basic nutrition information and convey information concerning the nutritional implication of oral contraceptive therapy.

348-75
EFFECTS OF NITRATES AND NITRITES IN FOOD AS RELATED TO HUMAN HEALTH.
North Carolina, University, Institute of Nutrition
Chapel Hill, N.C. 11 p. [n.d.].
QP535.N1N3 F5N
Carcinogens, Food additives, Health, Nitrates, Nitrites, Nitrosamines, Shelf life.
Abstract: This report examines the hazards of nitrosamine formation in foods where nitrates or nitrites are present, and concludes that, without them, botulism becomes a more serious danger. It is noted that both chemicals are naturally present in large numbers of foods and water supplies. It is suggested that the inclusion of a greater variety of foods in the diet would be a more sensible alternative to elimination of these additives. The relationship of nitrosamines to carcinogenesis is discussed.

349-75
WHAT IS DIABETES? (SPA)
Northeast District University Hospital, Nutrition and Dietetic Section
Rio Piedras, P.R. unp. [n.d.].
RC662.N62 F5N
Diabetes mellitus, Diabetic diets, Diet information, Health needs, Medical factors.
Title of Original: Que es la diabetes?
Abstract: Diabetes is a condition which there is inadequate secretion or utilization of the hormone, insulin, accompanied by excessive amounts of sugar in the blood and urine. Symptoms include hunger, thirst, weight loss, and excessive urination. Treatment involves diet regulation, prescriptive doses of insulin, and exercise.

350-75
NUTRITION FOR THE 1-TO-2-YEAR-OLD CHILD. (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Caparra Heights, P.R. unp. 1969.
TX361.C5N6 F5N (Northeast District University Hospital, Clinic of Child Safety. Proyecto cuidado materno infantil no. 505 (Maternal and child care project bulletin no. 505))
Child nutrition, Diet information, Food guides, Infant feeding, Infants (To 2 years), Maternal and child health.
Title of Original: Alimentacion del nino--1 a 2 anos.
Abstract: Small children need daily servings of foods from the Basic Four groups. This bulletin suggests the amount of food from each group needed by 1- and 2-year-olds and provides a daily menu plan for 3 meals and 3 snacks.

351-75
RECIPES FOR YOUR LOW-SODIUM DIET. (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Rio Piedras, P.R. unp. July 1967.
RM237.9.N6 F5N
Cooking techniques, Food preparation, home, Recipes, Salt, Sodium-restricted diets.
Title of Original: Recetas para tu dieta baja en sodio.
Abstract: After listing the foods that are permitted in low-sodium diets, a series of recipes are presented.

352-75
DO YOU NEED TO LOSE WEIGHT? (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Rio Piedras, P.R. unp. Sept 1968.
RM222.2.N4 F5N
Calorie-restricted diets, Diet information, Meal planning, Obesity, Therapeutic and special diets, Weight control
Title of Original: Necesita usted rebajar de peso?
Abstract: Losing weight means eating less and especially eating fewer sweet and fatty foods. Here are some simple suggestions for maintaining a low-calorie diet.

353-75
THE PUMPKIN--SOURCE OF VITAMIN "A". (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Rio Piedras, P.R. unp. Oct 1970.
TX553.V5N62
Cooking techniques, Food preparation, home, Food sources,

Pumpkins, Recipes, Vitamin A.
Title of Original: La calabaza--fuente de vitamina "A".
Abstract: Pumpkins are an excellent source of vitamin A, are low in cost, and are easy to prepare. Here are some pumpkin recipes for home use.

354-75
IS YOUR PROBLEM OBESITY? (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Caparra Heights, P.R. unp. [n.d.]
HM222.2.N6 P8W
Calorie-restricted diets, Food intake, Medical factors, Motivation, Obesity, Therapeutic and special diets, Weight control.
Title of Original: Es tu problema la obesidad?
Abstract: Obesity is a dangerous, unhealthy condition brought on by eating fattening foods and just eating too much of everything in general. The only way to lose weight is to decide to do so and then follow strictly a dietary regimen recommended by your doctor.

355-75
VITAMIN C AND FRUIT. (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Caparra Heights, P.R. unp. 1967.
TX553.V5A6 P8W
Ascorbic acid, Citrus fruits, Food preparation, Home, Food sources, Fruit juices, Fruits, Nutrient values, Recipes.
Title of Original: La vitamina C y las frutas.
Abstract: Fruits--especially citrus fruits--are one of the best sources of vitamin C. Some fruit or fruit juice is necessary every day to maintain good health. A recipe is provided for guava punch.

356-75
CONTROL YOUR DIABETES EASILY. (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Caparra Heights, P.R. unp. July 1967.
RC662.A6 P8W
Diabetes mellitus, Diabetic diets, Diet information, Diet planning, Food guides, Therapeutic and special diets.
Title of Original: Controle su diabetes facilmente.
Abstract: This booklet explains how to follow a diabetic regimen and gives examples of suitable foods.

357-75
NUTRITION AND ATHLETIC PERFORMANCE.
Dairy Counc Dig 46 (2): 7-10. Mar/Apr 1975.
389.8 D14
Athletes, Diets for athletes, Food quackery, Nutrient intake, Nutrition, Nutritional adequacy, Weight control.
Extract: Areas of special concern which are discussed include the use of liquid meals to relieve pre-game nervous tension, the hazards of total starvation alternated with semi-starvation to make lower weights, and food fads and misinformation relative to the athlete's diet.

358-75
NUTRITION EDUCATION WORKS IN EARLY GRADES.
CNI Weekly Rep 4 (41): 8. Oct 17, 1974.
TX341.C6 P8W
Elementary education, Elementary grades, Elementary school curriculum, Elementary schools, Nutrition education.
Abstract: This brief report highlights an experiment done in North Carolina where it was determined nutrition education at the early grade level is more effective than later in improving dietary habits. Improvement in knowledge was followed by apparent improvement in eating habits. However the amount of change decreased progressively at higher grade levels. Attitude of school administrators and teachers was found to be extremely important in determining success. Nutrition educators, particularly those working with elementary school children, will find this report of interest.

359-75
NUTRITION SCOREBOARD (CHART).
Washington, Center for Science in the Public Interest 1 chart, 18 1/2"x 24 1/2", col. 1974.
TX364.N836 P8W AT
Basic nutrition facts, Nutrient quality, Nutrient sources, Nutrient values, Nutritional quality.
Abstract: This chart describes the relative nutritional value of over 200 common foods by assigning them a numerical value. A food gains points for protein, unsaturated fat, starch and naturally occuring sugars, five vitamins, two minerals, trace elements, and fiber while points are lost for saturated fat, a fat content above 20%, and added sugar and corn syrup. A varied diet of highly rated foods is recommended.

360-75
NUTRITION: WHY IS IT IMPORTANT?
Camden, Campbell Soup Company 28 p. 1974.
TX364.N841 P8W
Basic Four, Carbohydrates, Fats and oils, Minerals, Nutrients, Nutrition education, Proteins, Vitamins, Water.
Extract: This guide to good nutrition emphasizes that each of us has different nutritional needs, and these needs are constantly changing. Children's needs are dictated by their growth patterns. Adult needs change with age. One set of rules simply cannot apply to everyone. And yet, there is a practical guide to good nutrition: the four food groups. It translates the technical knowledge of nutrition into a simple plan for everyday eating, providing sound advice on the kind and quantity of food necessary to meet your body's needs.

361-75
NUTRITIONAL MISINFORMATION THERAPY OF UNPROVED USEFULNESS IN OBESITY.
Nutr Rev 32 (11): 316. Oct 1974.
389.8 N953
Misinformation, Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This brief report points out the lack of knowledge concerning safety and efficacy of human chorionic gonadotrophin in the treatment of obesity. The FDA has emphasized HCG's unproven usefulness and the AMA points out there is an ethical question raised when a physician engages in this scheme with possible legal questions as well. Some ethical and legal questions concerning physicians' participation are proposed. Physicians, nutritionists and other health professionals will find this discussion of interest.

362-75
NUTRITIONAL SUPPLEMENTATION AND THE OUTCOME OF PREGNANCY; PROCEEDINGS OF A WORKSHOP, SAGAMORE BEACH, MASS., NOV. 3-5, 1971.
Springfield, Va., National Technical Information Service 161 p. 1973.
TX361.P7N8 P8W
Caloric intake, Nutrients, Nutrition, Nutrition programs, Pregnancy and nutrition, Proteins.
Available from: National Technical Information Service, U.S. Dept. of Commerce, 5285 Port Royal Road, Springfield, Va. 22151, Report No. PB-221 623.
Abstract: The goals of the workshop were: 1) to focus attention on problems, gaps and omissions in nutritional services for pregnant women; 2) to assemble and evaluate current data on the dietary needs of pregnant women; 3) to form the basis for an interim report on the value of nutritional supplementation during pregnancy, with emphasis on calories and protein. The following studies were reported on: University of California Berkeley study; San Francisco study; Washington, D.C. study; University of Nebraska study; New York--Columbia University study; Montreal Diet Dispensary study; Taiwan study and the Guatemala study.

363-75
PREGNANCY CRAVINGS (DOLA-DUKA) IN RELATION TO SOCIAL STRUCTURE AND PERSONALITY IN A SINHALESE VILLAGE.
S Obeyesekere
Am Anthropol 65: 323-342. Apr 1963.
GN1.A4 P8W
Anthropology, Cultural factors, Food habits, Food intake, Food preferences, Pregnancy diets, Pregnant women, Social factors, Sri Lanka (Ceylon).
Extract: The manner of satisfying the cravings of early pregnancy in this Ceylonese village is stereotyped. The objects craved are unusual or shameful, but to deny them would prevent birth. Many such foods are culturally defined to be craved. The husband, normally the superior, must obtain these foods.

364-75
OF CALIFORNIA FOOD AND PEOPLE.
Berkeley, University of California Agriculture Extension 8 4-p. pamphlets, 8 mimeo leaders' guides, 6 recipe sheets 1974.
TX364.C3J5 P8W
Adolescents (12-19 years), California, Educational resources, Instructional aids, Instructional materials, School children (6-11 years).
Abstract: With these materials the history of California is used to introduce nutrition concepts and activities for 11- to 13-year old youths. Units include study of the foodways of early Indians, conquistadores and missionaries, mountain men and trappers, cowboys and vaqueros, Asian-Americans, blacks in the West, and Gold Rush pioneers. Each unit stresses different "bright ideas" that are focal points for teaching specific educational objectives included for each unit. Suggested activities include class discussions, story telling, games, quizzes, special projects, and food preparation. The unit may prove helpful in integrating nutrition into the social studies curriculum in schools or for out-of-school activity oriented groups such as 4-H, Girl Scouts etc.

365-75
OPERATORS ADVISED TO FIGHT FOOD FADDISTS.
Vending Times 15 (4): 7, 9. Apr 1975.
HF5483.V4
Food fads, Food quackery, Food service industry, Junk food, Vending firms.
Extract: Operators should challenge accusations that consumer activists have aimed at the nutritional value of food products sold in vending machines, since such charges are untrue and based on misinterpretations of scientific data.

366-75
CHICANO'S DIET PATTERN.
Oregon (State), Board of Health, Maternal and Child Health Section, Nutrition Service
Portland, Ore. 2 p. May 1971.
TX364.O7 P8W
Diet counselling, Diet improvement, Diet information, Food

367-75

intake, Meal planning, Mexican Americans, Nutrition education.
Abstract: This informational sheet outlines the typical daily diet of Mexican American agricultural laborers and their families. Healthy aspects of this diet that should be encouraged by nutrition and home aides are pointed out. Deficiencies in the diet are presented along with recommendations for teaching nutrition and encouraging diet improvement.

367-75
NUTRITION MISCONCEPTIONS OF COLLEGE FRESHMEN.
Jack D Osman
(Baltimore) University of Maryland 80 p. 1967.
TX353.O8 M38
Basic nutrition facts, College students, Food beliefs, Food misinformation, Nutrition education, Nutrition knowledge.
Thesis - University of Maryland.
Abstract: This study attempts to develop a valid and reliable instrument to measure nutrition misconceptions and to determine the prevalence of nutrition misconceptions held by college freshmen prior to instruction in nutrition. The instrument, consisting of 104 false and 40 true statements, was administered to 1,331 freshmen. The reliability of the final form of the instrument was 0.936. The data was analyzed by percentage of subscription to each misconception, the mean and standard deviation for the total sample, and the means and standard deviations for each sex within each of the eight categories. The mean belief in misconceptions was 30.90 as compared to 31.39 for boys and 30.21 for girls. The boys believed significantly more misconceptions than girls in the bread and cereal group and the sweets and fats group. It is hoped nutrition educators can use this information.

368-75
A STUDY OF NUTRITIONAL STATUS OF PRESCHOOL CHILDREN IN THE UNITED STATES, 1968-1970.
George M Owen, Kathryn M Kram, Philip J Garry
Pediatrics 53 (4): 597-646 (Part II). Apr 1974.
RJ1.P42
Child development, Child nutrition, Children, Food habits, Infant diets, Infants (To 2 years), Nutritional status.
This study appears in a supplement issue to Pediatrics Magazine.
Abstract: This report examines the nutritional status of 3401 U.S. preschool children and provides information about current intakes of certain nutrients, nutrient sources, food habits and methods of food preparation used by their families. Clinical evaluation and laboratory studies were carried out along with detailed information on family composition and socioeconomic status. Evidence of "nutritional risk" - lower dietary intake, biochemical indices and smaller physical size for age - was present among children of lower economic status. Conclusions and recommendations are given and may prove helpful to providers of child health care in improving the delivery of nutritional services.

369-75
"LET THEM EAT CAKE" UNCLE SAM'S WAR ON HUNGER MAKES JUST AS MUCH SENSE.
John B Parrish
Barrons 52 (23): 7, 10, 19. June 5, 1972.
290.8 B27
Evaluation, Food habits, Food stamp programs, Malnutrition, Nutrition, School food service, School lunch programs.
Abstract: The author, a professor of economics at the University of Illinois, speaks of the Federal government as being a "super parent" or "Big Daddy" in "taking over the feeding of the nation's children" and that "parental feeding is going out of style". The author feels that school lunches will elevate children's diets by "a fraction of 1%". He also attacks the food stamp program. The solution to the malnutrition problems which do exist, he states, is by nutrition education, nutrition research, and more fortification of foods, not by providing food to people.

370-75
BEHAVIOUR MODIFICATION FOR REDUCING IN GROUPS.
P L Paterson, M E Osgood
J Can Diet Assoc 36 (2): 96-105. 1975.
389.9 C162J
Behavior change, Group dynamics, Obesity, Weight reduction.
Abstract: The ten women participating in a behavior modification program experienced a mean weekly loss of 2.2 pounds, while the women participating in the program without behavior modification experienced a 1.8 pound loss for the same period.

371-75
DRUGS AND APPETITE.
G L S Pawan
Proc Nutr Soc 33 (3): 239-244. Dec 1974.
389.9 N953
Appetite, Drugs, Nutrition, Research.
Abstract: A review of theories on regulation of food intake is presented. Lists of drugs which modify appetite, either by increasing or decreasing the sensation, are given.

372-75
YOUR BABY'S FORMULA (BY THE ASEPTIC METHOD). (SPA)
Pet Milk Company, Milk Products Division
St. Louis, Mo. nap. 1960.
TX367.I6P4 M38
Food handling, Food preparation, Home, Formula diets, Infant diets, Infant feeding.

Title of Original: La formula de su bebe (por el metodo aseptico).
Abstract: Infant formulas must be prepared under aseptic conditions. This leaflet describes the equipment and procedures for doing so.

373-75
ANNUAL MEETING HIGHLIGHTS, PART II.
Margaret Phillips
SNE Communicator 5 (4): 9-14. Dec 1974.
TX341.S6 M38
Education, Educational methods, Educational objectives, Educational planning, Meetings, Nutrition education.
Abstract: This report, covering highlights from the annual meeting of the Society for Nutrition Education, is divided into four sections. Part I highlights the opening session, including the president's report and keynote address. Nutrition education in the public interest is then presented through addresses on FTC action, FDA labeling, the nutrition awareness campaign of the Advertising Council/Grocery Manufacturers of America/OSER/USDA, the work of Action for Children's Television, and the role of food retailers. National nutrition policy in the future was highlighted with addresses on food sources, economic planning, health delivery and nutrition education of the consumer. Finally approaches to implementing programs of nutrition education for elementary schools, the WIC program, day care, school food service, food stamps and feeding the aged are discussed. Nutrition educators should find this report of interest.

374-75
ANNUAL MEETING HIGHLIGHTS: PART 1.
Margaret Phillips
SNE Communicator 5 (3): 2-13. Sept 1974.
TX341.S6 M38
Meetings, Nutrition, Nutrition education, Nutrition programs, Programs.
Abstract: This report highlights the annual meeting for the Society for Nutrition Education. Authors' abstracts of papers given at the sessions are presented and selected points concerning recommendations for needed research and programs are summarized. Nine resolutions along with the highlights of the discussion at the meeting concerning each resolution are also included. Interest in local group development of SNE chapters is discussed as well as recent actions that have been taken by the SNE Board of Directors. Election results and the treasurer's report conclude this summary. Nutrition educators should find these highlights of interest.

375-75
FOOD AND NUTRITION MINICOURSE FOR 11TH AND 12TH GRADES
Shirley M Picardi, Ernst R Pariser
J Nutr Educ 7 (1): 25-29. Jan/Mar 1975.
TX341.J6
Educational methods, Educational resources, Instructional aids, Nutrition education, Secondary education, Teaching methods.
Abstract: A nutrition minicourse for high school students has been developed at M.I.T. In which chemical determinations and biological feeding experiments are combined in the study of four typical American meals ("Drive-in" hamburger, "Macrobiotic, Basic Four Food Groups, and Vegetarian). The meals are fed to weanling rats, and water, carbohydrate, fat and protein contents of the meals are determined chemically by standard analytical methods adapted for high school use. Student observations of differing biological effects and chemical compositions serve as starting points for the study of food components listed on food labels and in food composition tables. Recommended Dietary Allowances are studies as dietary goals and as nutrient labeling standards.

376-75
LACTOSE MALABSORPTION AND MILK TOLERANCE IN KENYAN SCHOOL-AGE CHILDREN.
J J L Pieters, H Van Rens
Trop Geogr Med 25: 365-371. 1974.
448.8 D65
Carbohydrate metabolism disorders, Lactase, Lactose intolerance, Milk, Milk intolerance, School children (6-11 years).
Abstract: Lactose malabsorption was studied in 72 Kenyan boarding school children by administering a lactose load and determing the effect on blood sugar rise. The subjects were accustomed to consuming small quantities of skimmed milk but the majority also proved to be malabsorbers. The effect of doubling and redoubling the milk society of the diet was investigated with subjective acceptability and complaints; changes in the consistency, pH, and lactic acid contents of the stools were used as parameters. No significant difference could be demonstrated between malabsorbers and absorbers. It is concluded that lactose malabsorption is no drawback in the utilization of normal quantities of cow's milk. Those involved in the nutritional care of children should find this report of interest.

377-75
POPPIN' SNAP (PLAYING CARDS).
Pillsbury Co.
Minneapolis, Pillsbury Co. 55 plastic-coated playing cards; instruction sheet; tests. 1973.
TX364.P6 P58 AV
Educational games, Minerals, Nutrient sources, Proteins, Vitamins.

Abstract: This game is designed to teach intermediate level students and adults that foods differ in nutrient content and that certain foods are good sources of specific nutrients. It is also designed as a visual aid in large or small groups. The cards depict food sources of one of nine nutrients, foods high in two nutrients (bonus cards), and empty-calorie foods. All cards are dealt and sorted according to nutrient groups and then "swapped" with the object of acquiring sets of the same nutrients.

378-75
THE BIOLOGICAL TOXICITY OF POLYUNSATURATED FATS.
Edward R Pinckney
Med Counter Point 5 (2): 64-71. Feb 1973.
311.83 P58
Anemia, Arteriosclerosis, Cancer, Fat-controlled diets, Fats and oils, Fatty acids, Toxicity, Unsaturated fats.
Abstract: The author feels that there is sound evidence that more and more people are eating a diet high in polyunsaturates, but not necessarily on the advice of a physician. Dangers of ingesting a polyunsaturated diet such as destruction of body cells by free-radicals of the polyunsaturate fatty acid molecule, increase in cancer, atherogenesis enhanced, edema and iron deficiency anemia are stressed. The author feels that if a patient follows such a diet to limit polyunsaturate intake to less than 10 percent of their diet. He states that if it "seems professionally indicated to lower a patient's serum cholesterol level, it would seem more scientific, to use proven pharmacological preparations that can be carefully controlled by the physician.".

379-75
IS COMMERCIALISM CONTROLLING THE CONTROVERSY OVER CHOLESTEROL.
Edward R Pinckney
Med Counter Point 3 (5): 37-43. May 1971.
311.83 P58
Cardiovascular disorders, Cholesterol, Cholesterol-low diets, Disease prevention, Unsaturated fats.
Abstract: The author of this article charges that food companies whose profits depend on the sale of polyunsaturated fats are abusing research evidence for commerical gain. He cites advertising in lay journals and medical journals which imply that the lowering serum cholesterol properties of particular food products will definitely prevent or treat coronary heart disease. By contrast, a cholesterol lowering drug could not be advertised with the same kind of implicid claim. The author also discusses the neurogenic effect of stress on raising blood cholesterol level as well as several other areas of the cholesterol controversy. Those involved in nutrition who are asked questions on this current topic should be aware of the contents of this resource.

380-75
MEATLESS, GUILTLESS.
Gaya Pines
New York Times Mag p. 48, 50, 52, 54, 58, 60, 62. Nov 24, 1974.
286.8 N488M
Food beliefs, Food supply, Meat, Meat alternates, Vegetarian diets, Vegetarianism, Vegetarians.
Abstract: This article, written for the lay person, examines America's meat-oriented diet and strongly recommends change in this pattern. Protein requirements are explained as are methods for meeting those requirements without the use of meat. Advantages to the vegetarian diet are outlined in terms of its effect on world food supply, individual health benefits, and economic benefits. The practical aspects of following a vegetarian regimen are also discussed including the location of recipes, shopping, time involved in food preparation, and family adjustment.

381-75
THE DIRECTION OF BENEFICIAL NUTRITIONAL CHANGE.
W W Pirie
Ecol Food Nutr 1 (4): 279-294. Sept 1972.
TX341.E3
Child nutrition, Cultural factors, Food habits, New foods, Nutrition education, Nutritional status, Resistance to change.
Abstract: This article concerns itself with changes in food habits, the reasons for change, and the negative and positive results of alteration. Emphasis is placed on those new foods which promote good nutrition, and especially on the techniques used to make these foods prestigious and thus in demand. Attempts to alter food habits in several countries are reviewed. The importance of nutrition education is stressed, and free distribution of novel foods through clinics is suggested as a solution.

382-75
PORK BUYING AND COOKING GUIDE.
Pork Industry Group
Chicago, National Live Stock and Meat Board 9" x 3 7/8". 2 sided piece with sliding insert. 1975.
TX373.P6 P58
Cooking methods, Food preparation, Food purchasing, Meat, Meat cuts, Pork.
Abstract: This guide offers the consumer several tips on buying and cooking of pork products. Included are a pictorial explanation of where meat cuts come from on the animal, a method outlined for obtaining cost per serving figures based on price per pound and servings per pound for several pork cuts, and cooking instructions for specific cuts including the cooking method, desired meat thermometer reading and total cooking time.

383-75
BE HEALTHY! BE HAPPY! (MOTION PICTURE).
Portafilms
Drayton Plains, Mich. 11 min., sd., color, 16 mm. [n.d.].
HA777.84 P58 AV
Child nutrition, Exercise, Health education, Hygiene, Nutrition education, Primary grades.
Distributed by Bank Newsreel, Northbrook, Ill.
Abstract: This animated cartoon is directed at primary grades. Five health rules are supplied and various characters are used to illustrate what happens when those rules are not followed. They include: keeping clean; eating the right foods; getting proper rest; exercising; and caring for one's self when sick.

384-75
COMPREHENSIVE EVALUATION OF FATTY ACIDS IN FOODS.
Linda P Posati, John E Kinsella, Bernice K Watt
J Am Diet Assoc 66 (5): 482-488. May 1975.
389.8 AM34
Dairy food substitutes, Dairy foods, Fatty acids, Food analysis, Food composition tables, Lipids, Milk, Milk products.
Extract: Reliable and up-to-date tables of fatty acids in dairy and selected non-milk fat products are provided for the use of dietitians, nutritionists and workers in food technology and related fields.

385-75
CLINICAL PROBLEMS RELATED TO THE USE OF DRUGS IN MALNUTRITION.
Elizabeth H H Ponkitt
Proc Nutr Soc 33 (3): 203-207. Dec 1974.
389.9 N953
Deficiency diseases and disorders, Drugs, Iron-deficiency anemia, Kwashiorkor, Malnutrition, Metabolism, Nutrient intake.
Extract: It may not be immediately apparent why drugs need to be used in malnutrition. A good diet should be all that is necessary. However, clinical malnutrition may be precipitated by infection and complicated by anaemia and cardiac failure. Where clinical malnutrition is common, children attending hospital or rural clinics for other conditions are likely to be poorly nourished. Yet little is known of drug metabolism in these or in the overtly malnourished child.

386-75
PREGNANCY AND GOOD NUTRITION. (SPA)
Mexico City; Walter Thompson de Mexico 3 p. 1972.
TX361.P7N8 P58
Diet information, Maternal and child health, Meal planning, Nutrient intake, Pregnancy, Pregnancy diets, Pregnant women.
Title of Original: El embarazo y la buena nutricion. Typewritten press release.
Abstract: Pregnant women must eat well but at the same time control their weight. Protein, vitamins, salt, calcium, iron, and liquids are needed in greater quantities during pregnancy. Breakfast must never be omitted.

387-75
NUTRITION KNOW-HOW (POSTER).
Proctor And Gamble Educational Services
Cincinnati, Ohio 1 poster, 11"x15", color. [n.d.].
TX364.N825 P58 AV
Labeling, Nutrients, Nutrition education, Recommended Dietary Allowances.
Abstract: Aimed at creating national awareness, this poster lists foods which supply essential nutrients, recommended dietary allowances, information on labeling, and a diagram illustrating how variety in eating helps assure good nutrition.

388-75
NUTRITION EDUCATION AND SCHOOL GARDENS IN ELEMENTARY SCHOOL IN SENEGAL.
S H Prosper
Nutr Newsletr 7 (5): 27-34. Oct 1969.
QP141.A7N8
Adolescents (12-19 years), Gardening, Nutrition education, Nutrition programs, Program design, School children (6-11 years), Schools, Senegal.
Extract: This project was designed to instruct school children in the principles of a healthy and balanced diet through better use of local resources. The role of the school canteen, cooperatives, and gardening by the children, is described.

389-75
YOUR BABY'S DIET. (SPA)
Puerto Rico, Dept. of Health, Division of Maternal-Child Health
Rio Piedras, P.R. unp. [n.d.].
TX361.I6P82 P58
Child nutrition, Diet information, Diet planning, Infant feeding, Infants (To 2 years), Maternal and child health.
Title of Original: Alimentacion de su bebe.
Abstract: Mothers of newborn babies must pay careful attention to their infants' diets. This pamphlet outlines in detail the essentials of infant feeding and the best ways to introduce new foods. A section on necessary immunizations is also included.

390-75

390-75
GREEN AND YELLOW VEGETABLES. (SPA)
Puerto Rico, University, Dept. of Health
Caparra Heights, P.R. single-sheet flyer printed one side only. [n.d.].
TX392.A15P8 P8W
Diet information, Leafy green vegetables, Nutrient values, Plant sources of foods, Root, tuber and bulb vegetables, Vegetables.
Title of Original: Las verdes y amarillas.
Abstract: Green and yellow vegetables form one of the four basic food groups. These vegetables are rich in vitamin A and two or more portions should be eaten every day.

391-75
DO YOU KNOW THAT... (SPA)
Puerto Rico, University, Dept. of Health
Caparra Heights, P.R. unp. [n.d.].
WB222.2.P8 P8W
Calorie-restricted diets, Diet information, Diet planning, Fats and oils, Sugar substitutes, Sweeteners, non-nutritive, Weight control.
Title of Original: Sabia usted que...
Abstract: To lose weight, fats in the diet should be restricted and artificial sweeteners substituted for sugar.

392-75
YOUR BABY'S FORMULA. (SPA)
Puerto Rico, University, Dept. of Health, Nutrition, Dietetics, and Health Education Section
Caparra Heights, P.R. unp. 1971.
TX369.I58 P8W
Food handling, Food preparation, Home, Formula diets, Infant diets, Infant feeding.
Title of Original: La formula de su bebe.
Abstract: Infant formulas must be prepared under aseptic conditions. This leaflet describes the equipment and procedures for doing so.

393-75
THE EFFECT OF POTASSIUM AND PROTEIN INTAKES ON SODIUM HOMEOSTASIS OF INFANTS AND CHILDREN.
Manuel A Ramirez, Jean P Baertl, Rene A De Martinez
Environ Child Health 19 (3): 275-281. Sept 1973.
WJ1.A13N P8W
Children, Infants (To 2 years), Potassium, Proteins, Research, Sodium.
Abstract: In six recovered malnourished children the effect of protein and potassium intakes on sodium economy was studied. All received diets yielding 75 kcal. and 2 mEq of Na/kg./day. Protein intake was 0, 2, or 5 g./kg./day and K intake was either>3.0 or <0.1 mEq/kg./day. When an additional load of 19 mEq of Na/kg./day was given on the third day of a low K intake, most of it was retained until K was given four days later. If K intake was maintained above 3 mEq/kg./day the Na load was cleared within 24 hours. With the highest protein intake there was apparently less Na retention. There were no significant changes in glomerular filtration or the excretion of acid, and no evidence of systemic alkalosis. Those involved in the nutritional care of children may find this study of interest.

394-75
PROBLEMS OF NUTRITION IN THE AGED.
Dodda B Rao
J Am Geriatrics Soc 21 (8): 362-367. 1973.
WC952.A1A4 P8W
Aging, Elderly (65 + years), Malnutrition, Nursing homes, Nutrition.
Abstract: This report, of interest to nutritionists, discusses nutrition in the aged, a group that is vulnerable to malnutrition. Important factors leading to improper nutrition in the aged, the relation of these factors to health, the problems of assessment of malnutrition in the aged, and the prevailing public and professional attitudes toward the whole question are discussed. Recommendations are made regarding the qualifications of an "ideal" food for the aged, and the planning of successful diets. Five sources of nutrients are recommended which are the Basic four plus fluids.

395-75
RECOMMENDED DIETARY ALLOWANCES.
News Rep Nat Res Council 24 (6): 6, 7, 10. June/July 1974.
330.9 N21NP
Dietary standards, Nutrient requirements, Nutrient values, Nutrients, Recommended Dietary Allowances.
Abstract: This article, of interest to nutritionists and related professionals, describes the RDAs in some detail pointing out their appropriate uses and their shortcomings. Their relationship to the design of health and welfare programs, labeling, and food regulation is discussed. It is continuously emphasized that RDAs are recommendations for amounts of nutrients to be consumed daily and are not recommendations for the nutrient content of foods. Food supplies must be considered in light of other factors such as individual needs, nutrients lost during processing and preparation, food economics, and food distribution. Foodproduct development should be based on the nutrient composition of the food displaced as a guide for fortification.

396-75
ENERGY AND THE CARBOHYDRATES (FILMSTRIP/CASSETTE TAPE).
B B Rich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 49 fr., sd, 35mm, col., 1 cassette tape. 1972.
TX553.C28B5 P8W AV (Introduction to nutrition. Part III)
Caloric values, Calorie requirements (FAO), Carbohydrates, Energy, Grain products.
With worksheet, post-test and answer key.
Abstract: This lesson, part of a series developed for use with core curriculum in nursing, discusses energy and carbohydrate in detail. The discussion on energy includes the definitions of energy and a calorie, caloric requirements and factors that affect these requirements, and an explanation on how energy is released from carbohydrates. The material on carbohydrates presented includes the forms of carbohydrate and their sources, the digestion and metabolism of carbohydrate, the function of carbohydrate, and problems resulting from excess carbohydrate intake. A discussion is also presented on refining, restoring, and enriching grain products and the selection of foods containing other desirable nutrients besides energy calories is advised.

397-75
WATER-SOLUBLE VITAMINS (FILMSTRIP/CASSETTE TAPE).
B B Rich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 31 fr., sd, col., 1 cassette tape. 1972.
TX553.V5B3 P8W AV (Introduction to nutrition. Part VII)
Deficiency diseases and disorders, Food sources, Nutrient functions, Vitamins, Water-soluble vitamins.
With worksheet, post-test and answer key.
Abstract: This unit from part of a nutrition series developed for nursing and associated health workers curriculum, presents basic information on water-soluble vitamins. General characteristics are listed and then information appropriate to each vitamin on function, food sources, and deficiency disease and its symptoms is presented. RDA&S are not discussed. The unit points out that a variety of foods from the Four Food Groups are needed to provide adequate vitamin sources and that this food variety is preferred to the use of nutrient supplements.

398-75
WATER AND MINERALS (FILMSTRIP/CASSETTE TAPE).
B B Rich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 41 fr., sd, 35mm, col, 1 cassette tape. 1972.
TX364.W38 P8W AV (Introduction to nutrition. Part VIII)
Food sources, Minerals, Nutrient functions, Nutrient sources, Water.
With worksheet, post-test and answer key.
Abstract: This unit, part of a basic nutrition series for health professionals, discusses water and minerals in some detail. Water is presented first including information on sources from food and glucose metabolism, water absorption in the body, where fluid is stored in the body, fluid balance, how the body loses fluids and function of water in the body. In the mineral section information is presented on the electrolytes Na and K, where they are found in the body, their function, and food sources. Also discussed are calcium, its function, requirement, food sources and factors decreasing its absorption, and similar appropriate material for phosphorus, iron, iodine, and fluorine. This unit also concludes with a reference to the need for a variety of foods to insure adequate nutrient intake.

399-75
PROTEINS, THE BUILDING BLOCKS (FILMSTRIP/CASSETTE TAPE).
B B Rich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 43 fr., sd, col, 1 cassette tape. 1972.
TX553.P7P73 P8W AV (Introduction to nutrition. Part V)
Digestion and absorption, Nutrient functions, Nutrient requirements, Protein foods, Proteins.
With worksheet, post-test and answer key.
Abstract: This unit, part of an introductory nutrition series for health workers, is on the nutrient protein. Information is presented on protein composition, digestion, absorption, requirements, uses in the body, and food sources, as well as disorders resulting from inadequate protein intake or utilization. The cooking and care of protein foods is also briefly discussed. A worksheet to be used in conjunction with the tape and filmstrip is included as well as a post test to be taken at the end of the lesson.

400-75
THE FATS (FILMSTRIP/CASSETTE TAPE).
B B Rich
Gilman Hot Springs, Mt. San Jacinto College 1 filmstrip, 35 fr., sd, col., 1 cassette tape. 1972.
TX560.F3F3 P8W AV (Introduction to nutrition. Part IV)
Cholesterol, Digestion and absorption, Fat modifications, Fats and oils, Food sources.
With worksheet, post-test and answer key.
Abstract: This nutrition unit, part of a basic series developed for the health worker, discusses fats in the diet in some detail. The unit includes information on fat formation, digestion and absorption, types of fats and their characteristics and food sources, functions of fat in the body, cholesterol, problems associated with excess fats in the diet, and recommended amounts of dietary fat and how these could be obtained. Nutrition educators teaching basic nutrition to students with

general science and chemistry backgrounds may find this presentation a helpful resource.

401-75
FAT-SOLUBLE VITAMINS--BODY REGULATORS (FILMSTRIP/CASSETTE TAPE)
Ann Fish
Gilbert Hot Springs, Mt. San Jacinto College 1 filmstrip, 36 fr., sd., 35mm, col., 1 cassette tape, 1972.
TX561.F57 F68 AV (Introduction to nutrition. Part VI)
Fat-soluble vitamins, Food sources, Nutrient functions, Recommended Dietary Allowances, Vitamins.
With worksheet, post-test and answer key.
Abstract: This lesson, part of a series developed for use with core curriculum in nursing, presents a basic introductory discussion on vitamins in general and the fat soluble vitamins in particular. General information is included on vitamin classification, measurements, function, and the RDA. Information for the fat soluble vitamins includes their general characteristics, food sources for each, their functions, recommended dietary allowances, and specific deficiency symptoms. A worksheet is included which outlines student objectives, lists important vocabulary terms, gives students a chance to practice using the information in the tape, and offers a suggested post test.

402-75
NUTRITIONAL CONSIDERATIONS FOR THE NEWBORN REQUIRING EXTENSIVE CARE.
Carol Richard, Edwin Gresham
J Am Diet Assoc 66 (6): 592-600. June 1975.
389.8 AM3A
Formula diets, Growth, Infant diets, Infants (To 2 years), Medical factors, Nutrients, Nutrition.
Extract: The importance of providing nutrition for the critically ill or low-birth-weight baby is frequently overlooked in the zeal to preserve life. Unfortunately because of this oversight, a significant factor influencing the quality of that salvaged life may be neglected. Common nutritional problems requiring a team effort are described to emphasize the need for support by the dietitian.

403-75
RELATIONSHIP OF OBESITY AND DISEASE IN 73,532 WEIGHT-CONSCIOUS WOMEN.
Alfred A Fiore, Linda A Werner, Barbara Van Tyserloo
Publ Health Rep 90 (1): 44-51. Jan/Feb 1975.
RA421.P82 P68
Cardiovascular disorders, Diabetes mellitus, Gallbladder diseases, Goat, Obesity, Questionnaires.
Extract: The purpose was to determine whether obesity was associated with an increased risk of certain disease conditions in a population of 73,532 obesity-prone women living in the United States and Canada. It is believed that the results of studying this large population of women would bring home to the general public the facts about pathophysiology associated with obesity.

404-75
NUTRITION AND MALNUTRITION, IDENTIFICATION AND MEASUREMENT.
Hans Wertenstein Conference On Physical Anthropology And, Nutritional Status., 1973
Alexander F and Roche, Frank Taddeus Falkner
New York, Plenum Press 347 p. 1974.
TX345.A8 1973 F68 (Advances in experimental medicine and biology, v. 49)
Anthropometric measurements, Anthropometry, Malnutrition, Measurement, Protein malnutrition, Protein-calorie malnutrition.
Abstract: Nutritional assessment by anthropometric techniques is the major emphasis of the papers presented by sixteen experts from four major disciplines -- physical anthropology, experimental animal nutrition, statistics, and public health nutrition. Many of the reports concern nutrition research projects in developing countries, and these have been published elsewhere, the list of contributors includes the nutritionists: Jelliffe, Cravioto, Metcoff, Widdowson, Brozek and Chow. The book may be used by researchers concerned with public health programs that assess protein-calorie malnutrition as well as by graduate students of nutrition.

405-75
THE ROLE OF FIBER IN THE DIET.
Dairy Counc Dig 46 (1): 1-4. Jan/Feb 1975.
389.8 D14
Cardiovascular disorders, Deficiency diseases and disorders, Digestion and absorption, Digestive tract, Fiber, Health, Metabolic disorders.
Extract: This digest discusses the role of dietary fiber in nutrition and health in terms of its effect on intestinal functions such as transit time, fecal weight and bowel habit, bacterial flora and output of organic anions such as bile salts. This digest also focuses in the possible decline of dietary fiber intake and its association, based mainly on epidemiological data, with a broad spectrum of diseases.

406-75
RAMPANT CARIES IN CHILDREN UNDER FIVE YEARS OLD.
Miriam Roots
Food Nutr Notes Rev 31 (9, 10): 245-248. Sept/Oct 1974.
389.9 AD7
Australia, Child rearing practices, Children, Cultural factors, Dental caries, Dental health, Food habits.
Abstract: Cane sugar, honey, and rose hip syrup are identified as the culprits in this study carried out in Sydney, Australia. The sugar is added to the milk, and the others are used to coat pacifiers.

407-75
WHAT HAPPENED TO 'AMERICA THE BEAUTIFUL'?
Stephen S Rosenfeld
Saturday Rev/World 1 (8): 14, 16-17. Dec 18, 1973.
AP2.S343
Consumer economics, Food habits, Food harvesting, Food production, Food supply.
Abstract: In this article written for the layman, the author discusses the growing scarcity of many kinds of resources including petroleum, minerals and food and the effect this scarcity has on the United States. In discussing food scarcity, the author is particularly concerned with the supply of high quality protein and examines three problem areas: world fisheries, beef production, and soybean yield. He concludes that since Americans consume a disproportionate share of the world's resources, they need to re-examine their own lifestyles and come to realize that their day to day well being is dependent on the resources and cooperation of others. These thoughts should be of particular interest to those in the food industry to give them a better understanding of current food markets.

408-75
THE CHOLESTEROL CONTROVERSY.
Richard S Ross
Heart Briefs p. 7, 8, 12. Fall 1974.
RC681.A78A P68
American Heart Association, Cardiovascular disorders, Cholesterol, Coronary heart disease, Research.
Abstract: This paper examines the controversy surrounding cholesterol and the incidence of coronary disease. After briefly outlining the recommendations of the American Heart Association concerning this question, the author then describes several studies which specifically implicate dietary and serum cholesterol and lipids in heart disease. Evidence is also presented which suggests cholesterol-reducing dietary modifications can help diminish the number of coronary mortality rates, although the reader is cautioned that these findings are not conclusive. Other respected professional organizations supporting this viewpoint are listed. Nutritionists and other health professionals should be aware of this evidence relating to the cholesterol controversy.

409-75
ROUGHAGE IN THE DIET.
Med World News 15(32): 35-42. Sept 6, 1974.
R11.M42 P68
Consistency modifications, Disease prevention, Fiber, Fiber-restricted diets, Preventive nutrition.
Abstract: This report, of interest to nutritionists and other health professionals, discusses the growing accumulation of clinical evidence that points to dietary fibers as a factor in several diseases. The findings of several researchers are presented which examine the function of fiber in connection with the elimination process, the metabolic effects on blood lipid levels, possible cholesterol synthesis, blood glucose levels and the possible association of fiber level with various disorders such as obesity, heart disease, and colonic cancer. Intake patterns of dietary fiber in the past 100 years are briefly reviewed as are dietary patterns of some societies. The article concludes that fiber is probably one of several interrelating factors in the control of disease.

410-75
CONCEPTS OF DISEASE IN MEXICAN-AMERICAN CULTURE.
A J Rubel
Am Anthropol 62: 795-814. 1960.
GN1.A8 P68
Case studies, Cultural factors, Folk medicine, Illness, Medicine, Mexican Americans, Research, Social factors.
Abstract: The Mexican community of Hecca, Texas, has retained its distinctive sociocultural identity. This paper discusses some of the traditional concepts of health and disease found among Hecca's Spanish-speaking residents and the manner in which those concepts contribute to the maintenance of the group's social system. The causes and cures of four illnesses are described: caida de la mollera (fallen fontanel), empacho (a digestive disorder thought to be a chunk of food clinging to the intestinal wall causing sharp pain), mal ojo (evil eye; the coveting of one person by another causing sudden headache, fever, inconsolable weeping, and nervousness on the part of the person coveted), and susto (shock wherein part of one's spirit is jolted, disengaging it from the body and causing languor, listlessness, and lack of appetite).

411-75
NUTRITION A-Z COLORING BOOK (COLORING BOOK).
David Sachs
Aspen, Aspen Publishing 31 p., illus. 1974.
TX355.S96 P68
Basic nutrition facts, Coloring books, Instructional aids, Instructional materials, Nutrient functions, Nutrient sources
Abstract: This book is designed to give children practice in coloring as well as some information on nutrition. Most letters of the alphabet are used to introduce a nutrient class of foods. The discussion that follows tells the reader why these

412-75

are important to health, various nutrient sources, body requirements, ability of the nutrient to be stored in the body, etc. Each drawing to be colored is made up from food sources of the nutrient under discussion arranged into the shape of the appropriate letter of the alphabet. The script appears to be written for lower level intermediate students. Fresh foods are emphasized along with ecological use of resources.

412-75
AN EPIDEMIOLOGICAL STUDY OF CHILD HEALTH AND NUTRITION IN A NORTHERN SWEDISH COUNTY. I. FOOD CONSUMPTION SURVEY.
G Samuelsson
Acta Med Scand suppo. 214: 5-43. 1971.
95.A2 P6W
Child nutrition, Dietary surveys, Food consumption, Food habits, Health, Nutrient intake, Nutritional status, Socioeconomic influences, Sweden.
Extract: Differences in food habits between rural and urban children in northern Sweden have persisted, though there have been changes in the last 30 years. Traditional habits persist longer in rural areas. Socioeconomic conditions, especially the educational level of the parents, were correlated with frequency of the children's consumption of various foods.

413-75
LOW SALT DIET (3 GRAMS SODIUM). (SPA)
San Francisco Heart Association
San Francisco, Calif. nap. Mar 1971.
WB237.3.52 P6W
Diet information, Food guides, Sodium-restricted diets, Therapeutic and special diets.
Title of Original: Dieta baja en sal (3 gramos de sodio).
Abstract: Those people on low-sodium diets must severely restrict their intake of salt and high-sodium foods. This pamphlet lists the foods that are permitted along with those that are prohibited.

414-75
PUERTO RICAN FOOD HABITS: A SOCIO-CULTURAL APPROACH.
D Sanchez
Ithaca, N.Y.; Cornell University var. pag. [n.d.].
HD9018.P8 P6W
Consumer education, Cultural factors, Diet patterns, Ethnic foods, Food habits, Food preparation, Meal planning, Nutrition education, Puerto Ricans.
Includes a collection of Spanish instructional materials, recipes, etc. for encouraging good nutrition and consumer awareness.
Abstract: Puerto Ricans living on the mainland maintain their Spanish-style food habits. This book provides insights into the factors influencing those food habits, the Puerto Rican life style, the diet patterns of Puerto Ricans, and the implications of all this for nutrition education.

415-75
SOCIAL PSYCHOLOGY OF FOOD FADDISM.
Robert Schafer, Elizabeth A Tetley
J Am Diet Assoc 66 (2): 129-133. Feb 1975.
389.8 AM3A
Attitudes, Cultural factors, Food fads, Food habits, Food restrictions, Individual characteristics, Psychological aspects, Self concept.
Extract: The social-psychologic model of the frame of reference is used to explain how eight types of "food faddists" process nutritional information and use food as a means to satisfy patterning and self-needs. Types of food fads are identified and related to these needs.

416-75
SPECIAL FOOD PROBLEMS (FILMSTRIP/CASSETTE TAPE).
Robert Schley
Gilman Hot Springs, Calif., Mt. San Jacinto College 1 filmstrip, 68 fr., sd, 35mm, col., 1 cassette tape: 24 min. 1973.
TX357.S62 P6W AV
Child nutrition, Elderly (65 + years), Infant feeding, Pregnancy and nutrition, Pregnancy diets.
Abstract: This filmstrip and tape, produced for the general lay audience, discusses the special food requirements and problems of four groups of people: pregnant women, the infant and child, people-particularly young adults-with symptoms of heart disease, and the elderly. Women of child bearing age are encouraged to eat properly so that if they do become pregnant they will be in an optimum state of health. Advice on weight gain and recommended foods are given. Information on infant and early childhood nutrition emphasizes wide variety of foods to encourage good lifelong food habits. Baby formulas and supplements are also discussed. Little specific information is given regarding heart disease other than to reduce saturated fat and cholesterol intake. Reasons for poor eating habits in the elderly are presented and lifelong eating habits are again encouraged to help ensure better nutrition at this age level.

417-75
THE NEGLECTED YEARS: EARLY CHILDHOOD.
William W Schmidt, Jean Piaget, Berrick B Jelliffe
New York, UNICEF 94 p. 1973.
HA440.S3 P6W
Growth, Health services, Infants (To 2 years), Malnutrition, Mental development, Nutrition rehabilitation centers, Preschool children (2-5 years).
Abstract: Through a series of articles, noted authors drawn from many disciplines - including nutrition and child development - provide a broad perspective of the many interrelated needs of the preschool child in developing countries. Points of consideration are safeguards to ensure receiving adequate health, nutrition, education, and welfare and realistic ways developing countries can meet the needs of the young despite limited resources. Educators and workers in the field of public health need to be aware that even though preschool children are more in need of help than all other age groups, their need seems to be least visable and recognized.

418-75
YOU AND YOUR CELLS.
Leo Schneider
New York, Harcourt, Brace, & World 157 p. 1964.
QH581.S3 P6W
Cells, Digestion and absorption, RNA, Endocrine disorders, Energy, Nervous system, RNA.
Abstract: This basic text covers cellular structure and chemistry, digestion and cellular respiration, and the interrelations of the circulatory, nervous, and endocrine systems. A discussion of DNA and RNA is included. The cell's work in storing and supplying energy is discussed.

419-75
FOOD AND FOOD-USE CLASSIFICATION SYSTEMS.
Howard G Schaltz, Margaret H Rucker, Gerald P Russell
Food Technol 29 (3): 50-56, 60-64. Mar 1975.
389.8 F7398
Food classification, Food habits, Nutrition knowledge, Questionnaires, Social factors, Surveys, Use studies.
Extract: The objective of the present study was to extend previous work on food and food-use classifications by speaking to these limitations, i.e., by allowing respondents themselves to generate the classifications, by asking appropriateness the basis for rating the food-use combinations, and by comparing responses from four different regions of the country.

420-75
NUTRITION EDUCATION FOR CHILDREN.
Kaye Sears
[n. p.] Oklahoma State Health Department 127 p. Sept 1973
TX364.S42 P6W
Cycle menu, Menu planning, Nutrition education, Preschool children (2-5 years), Recipes, Snacks.
Abstract: This publication primarily discusses the food service concerns of those involved in the care of young children in preschool settings. Various topics covered include recipes for children, commodity recipes, cycle menus, snack suggestions, child-size portions suggestions, iron sources, and sanitation. Nutrition education activities include a simple listing of 62 appropriate activities or materials - e.g. using measuring cups, sing songs about food - or specific tasting, cooking and food identification activities. No model of actual instruction is suggested. A bibliography of children's books to coordinate with the cooking experiences is also suggested.

421-75
TRACE MINERALS.
F A comp Seelig
Nutr Notes (United Fresh Fruit & Veg Assn) Six-part series, 12 p. Apr/Sept 1967.
389.8 N9595
Deficiency diseases and disorders, Food sources, Mineral metabolism disorders, Minerals, Trace elements.
Abstract: This reprint of a six part series on trace minerals gives food sources, metabolic disorders related to trace minerals, clinical measurements in the body, common disorders related to intake, and availability of supplies for the following trace elements thought to be essential in human nutrition: bromine, chromium, cobalt, copper, fluorine, iodine, manganese, molybdenum, selenium, zinc, and iron.

422-75
AN EVALUATION OF FOOD HABITS OF THE CHILDREN AND THE NUTRITION EDUCATION PROGRAM OF THE NATIONAL URBAN LEAGUE MODEL DAY CARE CENTER, PHILADELPHIA, PENNSYLVANIA.
Marianna Beck Sewell
Washington, D.C.; Howard University 352 p. Apr 1974.
TX357.S4 P6W
Child nutrition, Day care services, Food habits, Food preferences, Nutrition education, Nutritional adequacy, Philadelphia, Preschool children (2-5 years).
Extract: The researcher examined the following problem areas: (1) to determine the nutritional adequacies of the food choices of the children ; (2) to determine the nutritional adequacies of the food choices of the menu planner, that is, the person responsible for the preparation of each child's meals at home; (3) to discover some attitudes and values toward food held by the children; (4) to discover some attitudes and values toward food held by the menu planner; (5) to determine the effectiveness of the nutrition education program; (6) to make recommendations for preschool child nutrition education.

423-75
NUTRITIONAL PROCESSES AND PERSONALITY AMONG THE GURAGE OF ETHIOPIA.
D W Shack
Ethnol 8: 292-300. 1969.
GN1.E8 P6W
Cultural factors, Ethiopia, Food beliefs, Food habits, Food symbolism, Social factors.
Extract: Among the Gurage of Ethiopia, a woman reincorporates

herself into the community after childbirth by carrying the child through the village from one house to another, receiving at each house a gift of food. A guest cannot refuse offered food and so must eat when he sometimes doesn't want to.

420-75
EVALUATION OF IRON DEFICIENCY AS A CAUSE OF MILD ANEMIA IN ADOLESCENT GIRLS.
Robert E Shank, Helen B Burch, Oliver H Lowry
Pavrac 18: 240-252. 1974.
QP601.A1E5 P69
Adolescents (12-19 years), Anemia, Iron, Iron-deficiency anemia, Research.
Abstract: This report concerns one specific cause of anemia, iron deficiency, and a practical procedure for its assessment in population groups. Study of 720 students of a New York high school serving a low income group revealed concentrations of blood hemoglobin less than 120 g/l in 8.7% of the girls. This percentage compared with 1.6% below this level in girls of similar age in 7 other high schools in New York. Thirty-one of 79 girls with concentrations of hemoglobin less than 125 g/l were shown to be iron deficient by response to iron therapy. The administration of iron as a supplement was followed by a significant increase in hemoglobin concentration only when initial levels of serum iron were less than 500 ug/l. Data on other nutrients in the serum of these girls made it seem unlikely that the diets were markedly inadequate in the nutritional factors determined, other than iron. The study indicated the validity of serum iron determinations as a means of detecting inadequate iron intake and demonstrates the usefulness of a microchemical procedure in the selection of groups of persons for study of iron deficiency.

425-75
WEIGHT DIFFERENCES BETWEEN FOSTER INFANTS OF OVERWEIGHT AND NONOVERWEIGHT FOSTER MOTHERS.
I Ronald Sheaker, Vincent Fisichelli, Jeffrey Lang
J Pediatrics 84 (5): 715-719. May 1974.
RJ1.A453
Infant diets, Infant feeding, Infants (To 2 years), Weight, Weight gain.
Abstract: This study was undertaken to test the observation that infants cared for by overweight foster mothers tend to be heavier than infants placed in homes of foster mothers who are not overweight. The findings revealed that mean weights of both boys and girls of overweight foster mothers were greater than those of nonoverweight foster mothers. They do not necessarily indicate that overweight mothers overfed their infants, since the weight reached were within the normal range, but long range effects of even these small weight gains are worthy of further study. Although obesity is a multifactorial problem, the demonstration of the positive role of environmental factors suggests their significance. Health professionals concerned with the nutritional status of children will find this report of interest.

426-75
ATHEROSCLEROSIS--PART IV: RISK FACTORS.
William C Sherman
Food and Nutr News 46 (5): 3. May/June 1975.
389.8 F7332
Atherosclerosis, Cholesterol, Exercise, Hypertension, Obesity, Psychological aspects, Risk factors, Smoking.
Abstract: Major risk factors include hypertension, cholesterol level, cigarette smoking, obesity, physical inactivity, stress and personality type. It is emphasized that these are statistical associations, not cause and effect relationships.

427-75
ATHEROSCLEROSIS--PART 2: POPULATION STUDIES.
William C Sherman
Food and Nutr News 46 (3): 3. Feb 1975.
389.8 F7332
Atherosclerosis, Cardiovascular disorders, Cholesterol, Dietary factors, Exercise, Fecal analysis, Fiber, Saturated fat.
Abstract: This review of current research stresses the importance of exercise in prevention of atherosclerotic heart disease and discounts the effects of high serum cholesterol. Several studies are described. Tests of low-risk workers in one study showed abundant elimination of vegetable fiber, while high-risk (sedentary) workers showed little or none.

428-75
ATHEROSCLEROSIS--PART III: THE FRAMINGHAM STUDY.
William C Sherman
Food and Nutr News 46 (4): 3. Mar/Apr 1975.
389.8 F7332
Atherosclerosis, Boston, Caloric intake, Cardiovascular disorders, Cholesterol, Nutritional status, Risk factors, Surveys.
Extract: The Framingham Study, terminated in 1970, was without a doubt the most extensive population study of cardiovascular disease yet undertaken, involving periodic medical examination of over 5000 men and women over a twenty year period. This Boston suburb was selected for a number of reasons including a population which was considered typical of urban U.S., and the relative stability of the location.

429-75
TWO APPROACHES TO WEIGHT CONTROL.
L Loreen Shipley, Maurice Fry
Rehabil Psychol 19 (4): 169-171. Winter 1972.
RP1.R4 P69
Diets, Educational psychology, Motivation, Weight control, Weight reduction.
Abstract: This article, appearing in the "innovative corner" of a psychology journal, describes a method of maintaining subject motivation in a weight reduction program. A traditional diet program emphasizing reduction in caloric intake was compared with a experimental program in which participants a) set personal goals for changing time, place and frequency of eating behaviors and b) sent daily postcard to the group leader recording hour-by-hour success or failure in achieving these self-selected goals. Experimental subjects lost significantly more weight during weeks they mailed reporting postcards consistently.

430-75
INNOVATIVE TEACHING OF NUTRITION (AUDIOCASSETTES).
Sarah H Short
Chicago, American Dietetic Association 3 audiocassettes, 6 sides. 112 min. 1973.
TX364.I52 P69 AV
Audiovisual aids, Audiovisual instruction, Innovation, Instructional aids, Nutrition education, Teaching methods.
Abstract: This kit provides detailed instruction on the development of audio-visual teaching-learning units; all types of available equipment are described. Although the primary audience is nutrition teachers, educators in any field will benefit from taking the course.

431-75
HIGH BULK DIET FOR DIVERTICULAR DISEASE OF THE COLON.
Alex G Shulman
West J Med 120 (4): 278-281. Apr 1974.
R15.C235
Diets, Diets for special conditions, Gastrointestinal disorders, Gastrointestinal tract, Therapeutic and special diets.
Abstract: Evidence is presented in this article to suggest the beneficial aspects of a high bulk diet and its salutary affect on symptoms caused by colonic diverticular disease. The pathological basis of the disease is presented and it is concluded that diverticulosis and diverticulitis develop because of increased intracolonic pressures generated by the thickened colon wall. Increased colonic bulk such as produced by the addition of bran in the diet can reduce this pressure. Studies confirming this concept are reported and further large scale studies are recommended as treatment and to further test the validity of this approach. Physicians and nutritionists involved in the care of these patients should be interested in this method of treatment.

432-75
THE CHEMICALS WE EAT AND DRINK.
Alvin Silverstein, Virginia Silverstein
Chicago, Follett Publishing 112 p., illus. 1973.
TX533.S5 P69
Additives and adulterants, Chemical contaminants, Chemicals, Children, Food additives, Food adulterants.
Abstract: In this book, appropriate for some upper intermediate students as well as secondary level students and adults, the authors review both the beneficial and harmful chemicals that we ingest. Included in the discussion are natural food components, natural and synthetic food additives, daily drugs, food residues from chemicals fed to meat animals, and pesticide residues. Emphasizing that modern civilization cannot revert to the ways of old, the authors offer guidelines for living in today's world and for helping make foods safer and more healthful.

433-75
MAN AND HIS FOODS; STUDIES IN THE ETHNOBOTANY OF NUTRITION--CONTEMPORARY, PRIMITIVE, AND PREHISTORIC NON-EUROPEAN DIETS.
C B Smith
University, Ala., The University of Alabama Press 131 p., illus. 1973.
GN407.S6 P69
Cultural factors, Culture, Food habits, Food preferences, Plant sources of foods.
Abstract: This book presents a symposium on the ethnobotany of nutrition given during the XIth International Botanical Congress in 1969. Botanists discuss nutritional patterns of early and present-day man as determined by plant use. Articles include discussions of native plants in the diets of Alaskan Eskimos, pre-Conquest and present-day Mexican dietary patterns, and ethnobotanical and nutritional factors in the domestication of American beans. The information presented should interest nutritionists and related professionals.

434-75
SO YOU'RE UNDERTAKING A NUTRITION EDUCATION PROJECT.
Type A Topics 4 p. Feb 1974.
TX341.T9 P69
Handbooks, Nutrition education, Nutrition knowledge, Student involvement, Type A lunch.
Abstract: Suggestions are given for starting up a program and include obtaining support of administrators, teachers, and students. Several successful projects are described, such as tasting parties, teachers' handbooks, and a library corner devoted to nutrition information. A list of teachers' references, and books and films on nutrition for students is supplied.

435-75
SOME ASPECTS OF PROTEIN-ENERGY INTERRELATIONSHIPS.
Astra Protein Letter 2 (3): 1-6. Nov 1974.
QD7 A8 P8B
Deficiency diseases and disorders, Energy, Food programs, Malnutrition, Nutrient intake, Proteins, World problems.
Abstract: Current methods of detecting nutritional deficiencies estimate the intake of nutrients and compare these with the "recommended intakes." Both of these estimates are based on certain approximations. Measuring individual intake is a difficult task and doing this on a national scale and on a basis estimated on food production data is very inaccurate because of distribution dissimilarities which are almost impossible to take into account.

436-75
INDEX OF FOOD QUALITY.
Ann H Sorenson, R Gaarth Hansen
J Nutr Educ 7 (2): 53-57. Apr/June 1975.
TX361.J6
Food analysis, Food quality, Nutrient content determination, Nutrient density ratio, Nutrient quality, Nutrient values.
Abstract: In this paper the derivation and various educational applications of the Index of Food Quality are discussed. This index relates the amounts of specific nutrients in a food quantity to the amounts of these nutrients needed by consumers. By placing human nutrient needs and food composition on the same energy standard, a direct comparison is possible. The resulting index can take the form of numerical ratios or easily understood "bar" graphs. This tool is designed to aid the assessing of the nutrient quality of individual foods, food combinations, diets, and even the national food supply.

437-75
FAT AMERICANS.
Richard Spark
New York Times Mag 90, 42, 56,, 52. Jan 6, 1974.
296.8 N488M
Nutrient excesses, Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: This article, written for the layman, offers a critical review of the underlying mechanics of obesity and analyzes the successes and failures of the myriad of popular dietary regimens designed to rid the body of fat. Theories proposed to explain the propensity for many to eat more than is needed are discussed including possible abnormalities in the hunger and satiety centers, metabolic alterations and inappropriate response to internal stimuli accepted as correlates of hunger. Lack of activity in the obese is also discussed. Initial factors involved in obesity include genetic input, cultural factors, age, change in degree of affluence, and eating patterns established in infancy and early childhood and the resulting number of fat cells. Methods for treating this disorder are outlined including appetite depressants and liquid, starvation, ketogenic and low calorie diets.

438-75
TEEN-AGE SNACKING HABITS: A CHALLENGE FOR NUTRITION EDUCATION.
Gloria Sparks
J Am Diet Assoc 66 (6): 371, 373. Apr 1975.
389.8 AM34
Adolescents (12-19 years), Food habits, Nutrition education, Teaching methods, Television.
Abstract: Techniques of teaching nutrition are described as drawn from the author's experience. Active involvement is a key factor. The problems in counteracting the misinformation directed at children in television commercials is discussed. Food habits can be changed by a positive approach rather than the usual list of "don'ts".

439-75
THE ALLERGIC CHILD.
Frederic Speer
Am Family Physician 11 (2): 88-94. Feb 1975.
57.A4 F8B
Allergies, Allergy diets, Children, Digestive tract, Eczema, Infants (To 2 years), Milk.
Extract: Allergies may cause gastrointestinal symptoms, dermatologic manifestations, asthma, and rhinitis. The most common offender is milk. Elimination diets are designed not only to remove the offending food but to identify it and prevent new sensitizations.

440-75
THE ACCULTURATION OF AMERICAN ETHNIC GROUPS.
M E Spiro
Am Anthropol 57: 1240-1252. 1955.
GN1.A6 M8B
Conflict, Cultural factors, Economic influences, Ethnic groups, Family environment, Individual characteristics, Research needs, Social factors, United States.
Abstract: American anthropologists, by neglecting to pursue acculturation research, have in part lost a great opportunity to understand the ways of the U.S. ethnic populations and to learn how human beings adapt. Among first-generation immigrants one can acquire almost complete knowledge of the cultural baseline of the group under investigation. U.S. ethnic groups tend to possess cultures similar to that of the host society. Thus, studies could glean insights into the relationship between extent of cultural difference and rate and means of acculturation. Research should also be done on the unique, present-day neo-colonial acculturation pattern in the U.S. wherein the acculturator is a politically dominant "sedentary" group rather than a politically dominant immigrant group.

441-75
GET YOUR MONEY'S WORTH FROM PROTEIN.
Hazel Taylor Spitze, Robert Reber
Ill Teacher xVII (3): 128-135. Jan/Feb 1974.
LB1025.I4 P8B
Amino acids, Food cost, Proteins, Recommended Dietary Allowances, Secondary education.
Better health through better nutrition issue.
Abstract: This article compares the amounts of protein and their costs from a number of sources, both animal and vegetable, and shows graphically how two or more proteins inadequate in a single amino acid can be combined to produce a good quality protein meal at low cost. Tables give the percent of the Recommended Dietary Allowances for protein needed by young adult women and the relative needs of other age groups. The article is written for students of secondary school level, but it could be used without modification for adult classes.

442-75
INFANT FEEDING IN THE PEOPLE'S REPUBLIC OF CHINA.
Thomas Stapleton
Pag Bull 4 (4): 31-33. Dec 1974.
QD431.A1P7 P8W
China, Infant diets, Infant feeding, Infants (To 2 years), Milk, Nutrition programs, Processed foods.
Extract: Infant feeding practices and information on infant foods and supplementary foods in some of the provinces in the People's Republic of China are described. It is concluded that planning, education, and the careful husbanding and use of available food resources have been the keys to success.

443-75
HOW TO EVALUATE A WEIGHT REDUCTION DIET.
Frederick J Stare
Alive Well 1 (2): 9. June 1974.
P11.A4 P8B
Diets, Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: In this brief article the author recommends evaluating a weight reduction diet by weighing once a week on the bathroom scale. If too many calories are being consumed from food and drink and/or not enough are being expended in physical activity, weight gain will then be noted. Since body weight may fluctuate one or two pounds a day, or even within a few hours, weighing daily is meaningless. The author also recommends banning no specific foods on a reducing diet but simply the consumption of all foods in smaller amounts, particularly those foods generous in calories such as meats, fats, and baked goods. The article is published in a journal for the lay person.

444-75
OVERWEIGHT (CASSETTE TAPE).
Fredrick J Stare
Waco, Spenco Medical Corp. 1 cassette, approx. 2° min. 1975.
WB222.S9 P8B AV
Weight, Weight control, Weight gain, Weight loss, Weight reduction.
Abstract: The definition of obesity introduces this cassette and it is recommended that skinfold measurement be used to help distinguish between obesity and overweight. Prevention is stressed as the key to control and deserving of particular emphasis during early childhood and during periods of known propensity for weight gain. A life long program of exercise and moderate eating based on the Four Food Groups is recommended and several guidelines to assist in such a program are offered. Secondary students and adults could find this information helpful.

445-75
SENSE AND NONSENSE ABOUT VITAMINS (CASSETTE TAPE).
Fredrick J Stare
Waco, Spenco Medical Corp. 1 cassette, approx. 2° min 1975
TX553.V5S4 P8B AV
Fat-soluble vitamins, Orthomolecular medicine, Supplements (Nutrient), Vitamins, Water-soluble vitamins.
Abstract: In this tape the functions, sources and role in health of vitamins and answers to common questions are presented. The role of vitamin C and the common cold and vitamin E in the prevention of heart disease are also discussed with emphasis on the possible harmful effects of large intakes of these vitamins. A diet based on the Four Food Groups is recommended. This cassette could be used with audiences of secondary students and adults in a variety of situations where general nutrition is being discussed.

446-75
START THE DAY WELL WITH A GOOD BREAKFAST. (SPA)
Mexico City; Walter Thompson de Mexico 3 p. 1972.
TX733.C62 P8B
Breakfast, Food intake, Meal planning, Nutrient intake, Nutrition.
Title of Original: Comience bien el dia con un buen desayuno
Typewritten press release with accompanying photograph.
Abstract: This article stresses that a good breakfast is essential to good nutrition. A recipe for French toast is provided.

447-75
REVIEW OF DEVELOPMENT OF ADIPOSE CELLULARITY IN MAN AND ANIMALS.
Judith S Stern, M R C Greenwood
Fed Proc Fed Am Soc Exp Biol 33 (8): 1952-1955. Aug 1974.
442.9 F312
Nutrient excesses, Obesity, Weight, Weight control, Weight gain, Weight reduction.
Abstract: Animals regulate body weight by increases or decreases in caloric intake or energy output. Obesity may be viewed as a disorder of this regulation: excess adiposity occuring through an increase in adipose cell size, cell number, or both. This paper, of particular interest to the clinical research nutritionist as well as the professional interested in weight control, discusses adipose cellularity in the rat and man. The number of adipocytes in the normal rat is determined by five weeks of age and is unchanged by subsequent dietary manipulations. In contrast, adipose cell size can be changed throughout the animal's life. In man the best estimate suggests cells are still increasing in number up to early adolescence. It is clear that the reduced individual still exhibits a persistence of adipose hypercellularity possibly explaining the high recidivism in the reduced obese.

448-75
TEACHING FOOD AND NUTRITION TO CHILDREN.
Harriet A Stevens
Futr Homs 37 (4): 15. Dec 1974.
389.8 H957
Child nutrition, Educational resources, Nutrients, Nutrition education, School children (6-11 years), Snacks, Social relations, Student participation, Teaching techniques.
Extract: Working with young children is an integral part of "Nutrition Work with Children," an elective course for dental hygiene, elementary education, nutrition, or nursing students. The course is designed to acquaint students with principles of food selection and preparation which contribute significantly to the nutritional needs of young children. Students, individually or in groups of two or three, plan and carry out a food and nutrition project in a nursery school, day care center, or kindergarten.

449-75
SUGAR GROWTH AND DEVELOPMENT.
International Sugar Research Symposium, 5th, Mexico, City, 1972
Stephanie S od Stewart
Bethesda, The International Sugar Research Foundation 55 p. 1972.
TX560.S975 1972 FRH
Child nutrition, Dental caries, Energy, Fortification, Nutritional adequacy, Sugar, Symposia, Vitamin A.
Abstract: These proceedings consist of seven papers by medical and scientific researchers on sugar (sucrose) and its relation to diet, growth and health. Subjects covered include dental caries, fortification of sugar with vitamin A in a developing country, energy needs of children and adolescents, and nutritional principles of feeding infants and children. A summary of the symposium, biographical notes on participants and a list of attendees is included. The information and presentation is aimed at those with professional training in nutritional science.

450-75
HABITS--AND MORE.
M K Stiebeling, T A Dreis
In "Food, The Yearbook of Agriculture," 1959.Washington, D.C.: GPO chapter 10. 1959.
S21.A3507 1959 FRH
Behavior, Cultural factors, Diet patterns, Environmental factors, Food habits, Food preferences, Food selection, Foodways, Social factors.
Extract: Customs, attitudes, and eating habits grow out of cultural, social, and economic backgrounds. Most people prefer foods they are used to. The food preferences of the group we are born into determine what tastes good to us.

451-75
EVOLUTIONARY IMPLICATIONS OF CHANGING NUTRITIONAL PATTERNS IN HUMAN POPULATIONS.
W A Stini
Am Anthropol 73: 1019-1030. 1971.
GN1.A4 FRH
Anthropology, Diet patterns, Environmental factors, Evolution, Food supply, Geographic regions, Growth.
Extract: An anthropologist postulates that the smaller body size of persons in agricultural tropical areas is a present-day example of evolution in process--adaptability to severely restricted protein resources. The larger body size of the populations in more highly developed countries suggests a period of time in much of the world when man was not reaching his genetic potential.

452-75
USING CARBOHYDRATE, PROTEIN AND FAT POINTS (CASSETTE TAPE); FOR AVERAGE AND ABOVE AVERAGE INTELLECT.
Virginia Towns Stucky
Wichita, The Diet Teaching Programs 1 cassette, with 14 p. booklet. 1974.
TX553.C2B8 FRH AV
Carbohydrate modifications, Carbohydrates, Fat-controlled diets, Fats and oils, Food composition, Protein modifications, Proteins.
Abstract: This tape and accompanying material are designed to assist patients with average and above average intellect in menu planning while on a diet requiring specific amounts of carbohydrate, protein and fat. The amounts are explained through the use of a point system and specific amounts of food are pictured and labeled with their proper carbohydrate, protein and fat points. The reasoning process involved in converting varying amounts of foods to various nutrient point levels is explained. Periodically the listener is requested to make such conversions and the correct answers are then supplied. Various accompanying tips are also included such as alternative words for sugar, advice for those on a low saturated fat low cholesterol diet, and tips on how to eat in a restaurant The Four Food Groups is also mentioned briefly.

453-75
USING CARBOHYDRATE, PROTEIN AND FAT POINTS (CASSETTE TAPE); FOR LESS READING SKILL.
Virginia Towns Stucky
Wichita, The Diet Teaching Programs 1 cassette with accompanying booklet. 1974.
TX553.C2B8 FRH AV
Carbohydrate modifications, Carbohydrates, Fat-controlled diets, Fats and oils, Food composition, Protein modifications, Proteins.
Abstract: This tape and accompanying material are designed to assist patients with low reading skills in menu planning while on a diet requiring specific amounts of carbohydrate, protein and fat. The amounts are explained through the use of a point system and specific amounts of food are pictured and labeled with their proper carbohydrate, protein and fat points. The reasoning process involved in converting varying amounts of foods to various nutrient point levels is explained. Periodically the listener is requested to make such conversions and the answers are then supplied. Various accompanying tips are also included such as alternative words for sugar, advice for those on a low saturated fat low cholesterol diet, and tips on how to eat in a restaurant. The Four Food Groups are also mentioned briefly.

454-75
USING CARBOHYDRATE, PROTEIN AND FAT POINTS (CASSETTE TAPE); FOR THE AVERAGE LEARNER.
Virginia Towns Stucky
Wichita, The Diet Teaching Programs 1 cassette, with accompanying 14 p. booklet. 1974.
TX553.C2B8 FRH AV
Carbohydrate modifications, Carbohydrates, Fat-controlled diets, Fats and oils, Food composition, Protein modifications, Proteins.
Abstract: This tape and accompanying material are designed to assist the average learner in menu planning while on a diet requiring specific amounts of carbohydrate, protein and fat. The amounts are explained through the use of a point system and specific amounts of food are pictured and labeled with their proper carbohydrate, protein and fat points. The reasoning process involved in converting varying amounts of foods to various nutrient point levels is explained. Periodically the listener is requested to make such conversions and the correct answers are then supplied. Various accompanying tips are also included such as alternative words for sugar, advice for those on a low saturated fat cholesterol diet, and tips on how to eat in a restaurant. The Four Food Groups are also mentioned briefly.

455-75
NUTRITION FOR A NATION (FILMSTRIP/CASSETTE TAPE); MORE ADVANCED.
Virginia Towns Stucky
Wichita, The Diet Teaching Programs 1 filmstrip, 51 fr., sd, 35mm, col, 1 cassette tape, 13 min. 1973.
TX353.N82 FRH AV
Basic nutrition facts, Filmstrips, Nutrient functions, Nutrient requirements, Nutrient sources.
Abstract: Nutrition takes on a "for mother and country" tone in this filmstrip designed for self-teaching purposes for adults and secondary level students. Eight indicator or leader nutrients are discussed with their function, source, requirement (stated as points) outlined. A very brief explanation of protein quality and cooking methods is also included. Variety in diet is stressed.

456-75
IDENTIFYING FOOD-RELATED VALUES OF LOW-INCOME MOTHERS.
Carol B Suter, Helen F Barbour
Home Econ Res J 3 (3): 198-204. Mar 1975.
TY1.H6
Behavior change, Cultural factors, Curriculum planning, Females, Food habits, Foodways, Low income groups, Nutrition education.
Extract: The major purpose of this research was to create a forced-choice value instrument for determining hierarchal rankings of food related values by low-income mothers. Card-sort interviews with 42 of these low-income mothers had very high reliability. For each value, statements ranked highest by the interviewers were incorporated within a forced-choice value instrument administered by the same subjects.

457-75

457-75
MORTALITY AND ANAEMIA.
Heikki Takkunen, Arpo Aromaa
Lancet iI: 523-524. Aug 31, 1974.
448.8 L22
Anemia, Blood diseases, Cardiovascular disorders, Coronary heart disease, Mortality.
Abstract: This letter discusses the association between haematocrit and mortality based on a study conducted in Finland from 1966-1969. It was found that the mean haematocrit for women, but not for men, was age dependent and lowest in age group 40-49, an age when total mortality rate is women is low. All data were adjusted to these factors. It was found that prognosis appears best at normal haematocrit values and worst at high values. There is no evidence of a protective effect of anemia with regard to coronary heart disease mortality. Physicians, nutritionists and related professionals may find this discussion of interest.

458-75
THE CHILDREN NEED YOU. (SPA)
Texas A & M University, Agricultural Extension Service
College Station, Tex. map. Aug 1971.
TX361.C5 T42 F&N
Adult education, Child nutrition, Child rearing practices, Family nutrition, Nutrition education, Parental influence.
Title of Original: Los ninos necesitan de usted.
Abstract: Adults must help in educating their children about good nutrition, must instill good food habits, and must encourage children to eat a wide variety of foods. To do all this, parents must themselves learn the basic facts about nutrition and health.

459-75
THE INSIDE STORY; THE NOURISHMENT IN MILK; THE TRIUMPH OF VEGETABLES; HAVE FUN WITH FRUIT; THE NOURISHMENT IN MEAT; TAKE AN ASTRONAUTICAL TRIP WITH BREADS AND CEREALS; LUNCH; QUICK AND EASY MEALS; SMALL AND ATTRACTIVE MEALS. (SPA)
Texas A & M University, Agricultural Extension Service, Food and Nutrition Office
College Station, Tex. 9 single-sheet flyers printed front and back,. Sept 1970.
TX355.T42 F&N
Diet information, Food groups, Food guides, Food preparation, Home, Meal planning, Nutrition education, Recipes.
Title of Original: La historia de adentro; la sustancia de la leche; la victoria de las verduras; diviertase con la fruta; la sustancia de la carne; tome un viaje astronautico con panes y cereales; almuerzo; comidas rapidas y faciles; comidas pequenas y atractivas.
Abstract: Each of these sheets provides information on foods, their nutrients, and their contribution to bodily health. Recipes and menu plans are also included.

460-75
NUTRITION FOR BETTER HEALTH (CASSETTE TAPE).
The Diet Teaching Programs
Wichita, Diet Teaching Programs 1 cassette tape, 7 min. 1974.
TX364.N837 F&N AV
Amino acids, Basic nutrition facts, Food groups, Homemakers, Instructional aids, Instructional materials, Nutrient sources.
Abstract: This tape and leaflet offer the homemaker guidelines in planning a balanced diet for herself and her family. The plan proposed first involves the determination of the number of servings needed by each person and the number eaten of six food groups: milk, meat, vitamin C food, vitamin A food, fruits and vegetables, and breads and cereals. The deficient number of servings is recorded and these deficient servings are assigned point values for ten nutrients. The individual totals his nutrient deficiencies and is then directed to various charts in the pamphlet which lists foods high in those particular nutrients to help rectify the situation. Directions are also included for using nutrition labeling information in this plan as well as information on the amino acid content of foods and directions for complementary protein selection. The tape tells how to use the pamphlet and highlights some of the information included, but the pamphlet could actually be used without the tape component.

461-75
THE NEW SCHOOL LUNCH AND SCHOOL BREAKFAST BILL OF RIGHTS.
The Food Research and Action Center
New York, The Food Research and Action Center 6 p. [n.d.].
LB3479.U5N6 F&N
Child nutrition programs, Food service, School breakfast, School breakfast programs, School food service, School lunch, School lunch programs.
Abstract: This leaflet, designed for parents, defines twelve rights that are theirs and their families as a result of School Lunch and School Breakfast programs. The discussion includes such factors as eligibility for the programs, free or reduced price meals, discrimination, responsibilities of school district officials, and meal quality. Suggestions for action if these rights are violated are also made.

462-75
NUTRITION IN OLD AGE, SYMPOSIA OF THE SWEDISH NUTRITION FOUNDATION X.
The Swedish Nutrition Foundation
Uppsala, Almqvist and Wiksell 180 p. 1972.
TX341.S9 1971 F&N
Aging, Dental health, Digestion and absorption, Elderly (65 + years), Geriatrics, Gerontology, Malnutrition, Nutrient requirements.
Abstract: This book consists of introductory remarks and sixteen papers, proceedings from the 1971 symposium of the Swedish Nutrition Foundation on "Nutrition in old age." Various relationships of age to nutrition are examined including the effect of age on several nutrient requirements and metabolism, caloric intake and physical activity, serum and tissue lipids, digestive capacity, dental status, the effect of hospitalization on caloric and nutrient intake, clinical and subclinical malnutrition, and methods of dietary assessment and nutrition surveys. Most papers are followed by discussion sections and references are included for further information. A final discussion on practical problems and general recommendations concludes the proceedings. Those involved in the nutritional care of the elderly should find this resource of great interest.

463-75
NUTRITION NEWS FROM YOUR FRIENDS IN EHEP. (SPA)
O B Thelma
Alameda County, Calif. collection of 12 newsletters, 4 pages each. Dec 1970/Jan 1972.
TX364.T83 F&N
Bilingual education, Communications, Consumer education, Extension education, Foods instruction, Homemaking skills, Newsletters, Nutrition education.
Title of Original: Nutricion noticias de sus amigos en EHEP
Abstract: The Home Advisor for Alameda County, California, prepared a monthly bilingual newsletter which provided all kinds of useful household and food information for the people within her district. Various issues emphasize holiday foods and decorations, reminders of foods in season, safety precautions, recipes, diet and nutrition facts, food handling and preparation tips, plus a wealth of other useful information for people on a tight budget.

464-75
THERE IS ALWAYS A NEED FOR NUTRIENTS DERIVED FROM MILK. (SPA)
Mexico City; Walter Thompson de Mexico 4 p. 1972.
TX379.S5 F&N
Calcium, Diet information, Milk, Milk products, Nutrient intake, Nutrient values, Recipes.
Title of Original: Siempre existe la necesidad de los elementos nutricionales derivados de la leche.Typewritten press release with accompanying photograph.
Abstract: Without milk, it is difficult to get enough calcium in the diet. Calcium is needed for proper development of bones and teeth, for blood coagulation, for adequate muscle and nerve functioning, and for the regulation and use of other minerals in the body. Milk should be drunk every day by adults and children. A milk-based recipe is offered.

465-75
THERE'S A LOT OF GOOD NUTRITION IN CANNED SALMON.
What's New Home Econ 36 (7): 57-60. Oct 1972.
321.8 W55
Carbohydrates, Fats and oils, Minerals, Proteins, Recipes, Salmon, Vitamins.
Abstract: Along with several recipes for salmon dishes, the protein, carbohydrate, fat, vitamin, and mineral content of this food is described. A general discussion of each of the nutrients and their functions is included.

466-75
THINGS TO COME, THE WORLD FOOD CRISIS - THE WAY OUT.
Rome, Food and Agriculture Organization 46 p., illus 1974.
HD9000.5.T4 F&N
Food economics, Food harvesting, Food production, Food supply, World problems.
Abstract: This booklet traces the development of the world food crisis and outlines several avenues which must be considered in adequately resolving the situation. Meant for general non-governmental organizations and press use, it outlines the issues considered at the World Food Conference in November of 1974 in its effort to develop a world food policy. The interrelationships of various issues - production, consumption, employment, food stocks and trade - are described and the need for positive short and long range strategies on an international basis are emphatically advocated.

467-75
AS THE TWIG IS BENT.
W V Tinsley
U.S., Government Printing Office
In "Food, The Yearbook of Agriculture," 1959.Washington, D.C. 636-646. 1959.
S21.A35U5 1959 F&N
Child nutrition, Child rearing practices, Diet patterns, Food consumption, Food habits, Food preferences, Meal patterns, Parental influence.
Extract: This article discusses how the small child learns to eat and select certain foods and how the mother helps or hinders the formation of good eating habits. The child should learn that his food choices will affect his growth.

468-75
NUTRITION EDUCATION FOR NON-PROFESSIONALS AND THE PUBLIC; PART 1.
F Helge Todhunter
Can J Public Health 21 (5): 37-46. July/Aug 1965.
449.8 P964
Cultural factors, Food preferences, Innovation, Motivation,

Nutrition education, Research, Social influences.
Abstract: The terms nutrition, nutrition education, and research mean different things to different persons or groups. The authors supplies his definition of these terms. The topics discussed include how to educate, the adoption of new ideas and practices, food preferences and motivating factors (social, cultural, personal, and situational), and research in nutrition education.

469-75
NUTRITION EDUCATION FOR NON PROFESSIONALS AND THE PUBLIC: PART 2
E Weige Todhunter
Can J Public Health 21 (5): 54-57. Sept/Oct 1965.
449.8 P964
Food fads, Food preferences, Food technology, Mass media, Motivation, New foods, Nutrition education, Nutrition knowledge, Recommended Dietary Allowances.
Extract: Effective nutrition education is dependent on the use of knowledge of the social sciences, especially the principles of learning, the factors involved in the adoption of new ideas and practices and the motivating factors in food preferences.

470-75
ENERGY: OUR FOOD AND OUR NEEDS (SLIDES).
Susan Travis, Barbara Fry
Ithaca, Cornell University 65 slides, 2"x2", col. [n.d.].
TX353.E5 F6W A7
Carbohydrates, Energy, Fats and oils, Proteins, Weight reduction
With 25 p. Illus. Script.
Abstract: Carbohydrate, protein and fat--their food sources, digestion, and functions--are discussed in this slide set. It is intended for presentation in two or three parts. Suggested discussion topics and individual participatory learning activities are included in the script several popular diet plans receive attention, and emphasis is given to the effects of regimens advocating an imbalance of carbohydrate, fat, and protein intake. Terms such as "ketosis" and "basal metabolic rate" are defined and used. This orientation would make it particularly suited to high school science classes, introductory or nonmajor college nutrition courses, or with adult weight reduction groups.

471-75
CRUDE FIBRE, DIETARY FIBRE AND ATHEROSCLEROSIS.
Hugh Trowell
Atherosclerosis 16: 138-140. 1972.
RC692.A7 F6W
Consistency modifications, Fiber, Fiber-restricted diets, Food composition, Synthetic foods.
Abstract: In this letter the writer distinguishes between dietary fiber and crude fiber. Dietary fiber is defined as the skeletal remains of plant cells that are resistant to digestion by man's enzymes. It is not merely cellulose. As of the writing of this letter no food tables had been published which recorded the dietary fiber present in foods. Crude fiber is then defined as the portion of carbohydrate that resists extraction by boiling first with sulphuric acid and subsequently with sodium hydroxide. Although not the same as dietary fiber it must serve as its approximate measure. Dietary fibers and not crude fibers may protect against diverticular disease, appendicitis and cancer of the colon. The author encourages the reporting of crude fiber content in nutritional experiments for correct interpretation of data as well as a re-examination of the role of synthetic diets which supposedly contain all essential ingredients but are free of all natural fiber in animal experiments. Those involved in nutritional research and its subsequent clinical application may find this letter of interest.

472-75
FIBER: A NATURAL HYPOCHOLESTEREMIC AGENT.
Hugh Trowell
Amer J Clin Nutr 25 (5): 464-465. May 1972.
389.8 J824
Cholesterol, Consistency modifications, Dietary factors, Fiber, Gastrointestinal disorders.
Abstract: In this letter the author briefly reviews some research revealing the hypocholesteremic effect high fiber content diets appear to have on man. The fiber content of some foods is outlined, along with the relationship of fiber content in the diet to some diseases. This information should be of interest to all involved with health care, particularly the care of Western man with his low fiber content diet.

473-75
DRUGS AND LIPID METABOLISM.
R S Truswell
Proc Nutr Soc 33 (3): 215-224. Dec 1974.
389.9 N953
Adipose tissue, Bile acids, Cholesterol, Drugs, Lipid metabolism disorders.
Abstract: Lists of drugs which influence lipid metabolism are given and their action reviewed. The lists are restricted to those available and used in clinical medicine. Included are drugs which cause malabsorption, increase excretion of bile acid, inhibit cholesterol absorption, affect liprotein lipase, cause fatty liver; affect adipose tissue, and those which lower or increase plasma lipid concentrations.

474-75
THE TRUTH ABOUT SOME NUTRITION SUBJECTS. (SPA)
Mexico City; Walter Thompson de Mexico 3 p. 1972.
TX364.V8 F6W
Diet improvement, Diet information, Food beliefs, Food misinformation, Nutrition education.
Title of Original: La verdad sobre algunos topicos alimenticos.Typewritten press release.
Abstract: Various food beliefs common among Mexicans and Mexican-Americans are listed here with statements as to whether they are true or false. For example: "Fish and celery are magnificent foods for the brain. When these are eaten in abundance, a person develops superior intelligence". This, of course, is false. An example of a true statement is: "Polio is a disease produced by a virus, not by any particular food".

475-75
NEW AGE NUTRITION.
Richard J Turchetti, Joseph J Morella
Chicago, Henry Regnery 153 p. 1974.
RA784.T8 F6W
Food beliefs, Natural foods, Nutrients, Orthomolecular medicine, Supplements (Nutrient).
Abstract: The basic premise of this book, written for the lay public, is that the environmental stresses of life in the 1970s necessitate a program of nutritional "supersupplementation" to insure good health. The book presents a simplistic overview of the nutrients and their functions, interspersed with statements extolling the virtues of "natural" over synthetic vitamins and routine supplementation of diets. Recognizing that each occupational category has its own special stresses, the authors advise specific regimens of "super-nutrition" for homemakers, blue collar workers, office workers, students, executives, and performing artists. The discussion on "Nutrition and drugs," while deploring their use, provides "advice on the nutritional antidotes for users of specific drugs." other chapters discuss contemporary food contamination, nutrition and pregnancy, and hunger and diet.

476-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON NUTRITION AND DISEASES; PART 2 - SUGAR IN DIET, DIABETES, AND HEART DISEASES.
U. S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D.C., GPO p. 145-278. 1973.
KF26.5.N8 1973D PT. 2
Atherosclerosis, Cancer, Consistency modifications, Diabetes mellitus, Diet improvement, Food preferences, Sugar, Sugar substitutes.
Abstract: The hearings contain the statements made before the Senate Select Committee on Nutrition and Human Needs on sugar The purpose was to pursue questions raised during committee hearings held on the television advertising offood to children. During the hearings it became apparent that a prime concern of health professionals and parents was the heavy advertising to children of products containing large amounts of refined sugar. The purpose of the hearings were therefore to bring national and international experts (in area of carbohydrate consumption) together for a full discussion of the issue of carbohydrate consumption and its relation to heart disease and diabetes.

477-75
NUTRITION EDUCATION IN CHILD FEEDING PROGRAMS IN THE DEVELOPING COUNTRIES.
U.S., Agency for International Development
43 P., Illus. Rockville, public health service. 1974.
TX364.U35 F6W
Child nutrition, Child nutrition programs, Maternal and child health, Nutrition education, Nutrition programs.
Abstract: This booklet is intended for village workers and others involved in child feeding programs in the developing countries. It is an effort to assist these workers in teaching mothers and children about the food children need for growth and how to use local foods to improve their diets. Included are chapters on the purpose of child feeding and nutrition education programs, basic nutrition information needed by workers to instruct effectively, community and individual customs which affect the approach used in nutrition education, general rules for teaching, and special guidelines for working with mothers and children. Also included in the appendix is a preschool child's height and weight chart, a sample questionnaire for determining children's food habits, and a list of further references.

478-75
YOUR BABY'S FIRST YEAR OF LIFE. (SPA)
U.S., Children's Bureau
Washington, D.C. unp. 1964.
TX361.I6U5 F6W (U.S. Children's Bureau. Publication no 407)
Child care, Child nutrition, Child rearing practices, Diet information, Infant feeding, Infants (To 2 years), Maternal and child health.
Title of Original: El primer ano de vida de su bebe.
Abstract: Listed here are the facts every new parent should know about infant care and child development during the first year.

479-75

479-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON NUTRITION AND DISEASES--1973, PART 3--APPENDIX TO HEARINGS.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, GPO p. 279-483. 1973.
HF26.5.N8 1973D PT.3 F8N
Carbohydrate-rich foods, Cardiovascular disorders, Coronary heart disease, Diabetes mellitus, Hearings, Sugar.
Abstract: This publication, published as an appendix to hearings before the Select Committee on Nutrition and Human Needs, is a collection of previously published articles relevant to the topic, "Sugar in the diet, diabetes, and heart disease." Included are excerpts from one book as well as eight journal articles. Those interested in this topic may find this collection of materials and their corresponding references of interest.

480-75
FOOD PRICE CHANGES, 1973-1974 AND NUTRITIONAL STATUS, PART I.
U.S., Congress, Senate, Select Committe on Nutrition and Human Needs
Washington, GPO 22 p. Feb 1974.
HF26.5.N8 1974 PT. 1 F8N
Consumer economics, Food cost, Food habits, Food prices, Food purchasing, Nutritional adequacy, Nutritional status.
Abstract: This publication examines the implications food price changes have had on the nutritional status of the American people. This report discusses major findings relating to this situation including reduced consumption, hunger, decreased school lunch participation, increased food stamp applications, specific nutritional hazards and consumer reaction. Recommendations are made such as the creation of a national consumer panel, increased emphasis on the HANES survey, the implementation of a food/price impact plan and new prompt assistance measures. This report contains information which should be helpful to those involved in the nutritional care of the American people.

481-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON NUTRITION AND DISEASES; PART 1 - OBESITY AND FAD DIETS.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D.C., GPO 183 p. 1973.
HF26.5.N8 1973D PT. 1
Hypoglycemia, Ketosis, Obesity, Vegetarian diets, Weight control, Zen macrobiotic diet.
Abstract: A special hearing before the Senate Select Committee on Nutrition and Human Needs examines the interest of Americans in weight reducing and fad diets. Witnesses at the hearing were: Dr. Robert C. Atkins, Dr. C. H. Butterworth, Dr. Theodore B. Van Itallie, and Dr. Marlis Adamson. The appendix includes items about the diet recommended in "Dr. Atkins' diet revolution," items about Zen Macrobiotic diets and various reprinted ads for "fad food" diets and "fad ads" for weight reducing devices.

482-75
NUTRITION--BETTER EATING FOR A HEAD START.
U.S., Dept. of Health, Education, and Welfare, Office of Child Development, Project Head Start
Washington, D.C. 12 p. 1972.
TX364.N88 F8N
Child development centers, Child nutrition, Learning, Meal patterns, Menu planning, Nutrition education, Safety, Sanitation, School food service.
Extract: One of the important contributions Project Head Start can make to the children enrolled in Child Development Centers will be through sound nutritional practices observed in the planning of food service. Such planning can increase the nutrient food intake of each child, thereby developing more fully the physical resources he will bring to the learning process.

483-75
ESSENTIAL NUTRIENTS--FOODS FOR YOUNG FAMILIES. (SPA)
U.S., Extension Service
Washington, D.C. unp. 1969.
TX553.N5 F8N
Diet information, Food guides, Food selection, Food sources, Nutrients.
Title of Original: Elementos nutritivos esenciales--alimentos para familias jovenes.
Abstract: For good health, all family members must have daily portions of protein, calcium, iron, vitamin A, thiamin, vitamin C, riboflavin, niacin, vitamin B, carbohydrates, fats and oils, and water.

484-75
SERVE EACH CHILD A GOOD TYPE A MEAL (CHART). Rev. ed. (SPA)
U.S., Food and Nutrition Service
Washington, D.C. 1 chart, 8 1/2" x 11", col. Sept 1973.
TX361.C5S57 F8N
Diet information, Food groups, Food guides, School children (6-17 years), School lunch programs, Type A lunch.
Title of Original: Sirvale a cada nino una comida buena "tipo A" (Chart).
Abstract: This poster depicts the foods needed daily by school children and shows how those foods fit into the Type A lunch scheme.

485-75
DISCOVERING VEGETABLES.
U.S., Food and Nutrition Service
Washington, D.C. 16 p. Jan 1975.
TX392.A5D5 F8N (U.S. Food and Nutrition Service. FNS-127)
Administrative personnel, Child nutrition, Nutrition education, Parent participation, Recipes, School food service supervisors, Teachers, Vegetables.
Abstract: This booklet stresses cooperation among food service managers, parents, teachers, and administrators in developing food-related learning experiences for children from 5 to 8 years. Nutrients in vegetables and their importance in good nutrition are described. Soup and salad recipes and shopping lists are supplied and necessary equipment is listed. Services supplied by the Food and Nutrition Information and Educational Materials Center are described and a list of resources is given.

486-75
DIET AND ARTHRITIS.
U.S., Public Health Service
Washington, D.C.: GPO 8 p. foldout. May 1969.
HC933.U5 F8N (U.S. Public Health Service publication no. 1857.)
Arthritis, Diets, Gout, Osteoarthritis, Rheumatoid arthritis
Abstract: This leaflet reassures people that no special foods or combinations cause, cure or relieve arthritis. It deals with some of the special needs of osteoarthritis, rheumatoid arthritis, gout and special problems of weakness or stiffness in joints of the fingers, wrists and arms. It would be useful for nutrition educators who have questions from the public about health conditions.

487-75
BE CAREFUL! A DESCRIPTION OF LEAD POISONING. (SPA)
U.S., Public Health Service, Maternal and Child Health Service
Washington, D.C. unp. 1971.
HA1231.LA05 F8N
Family environment, Family health, Lead, Lead poisoning, Medical factors, Safety.
Title of Original: Cuidado! la pintura de plomo envenena.
Abstract: This leaflet explains lead poisoning and its symptoms, how to prevent lead poisoning, and what to do if lead poisoning occurs.

488-75
U.S. SHOULD PROMOTE INCREASED DIETARY FIBER.
CNI Weekly Rep 1V (36): 8-6. Sept 12, 1974.
TX341.C6 F8N
Dietary factors, Disease prevention, Fiber, Fiber-restricted diets, Preventive nutrition.
Abstract: This paper examines the status of the American diet with respect to dietary fiber and health. Scientific evidence suggests that a deficiency in fiber may be a causative factor in several illnesses including diverticulosis, constipation, and irritable colon as well as heart disease, obesity with its relationship to diabetes and hypertension, and bowel cancer. It is premature to link all these diseases to deficient fiber as other factors are undoubtably involved but fiber may well be related. It is the responsibility of professionals to promote fiber rich foods not only for the fiber but also for the many nutrients found in these foods. Responsibilities of federal agencies are specifically outlined.

489-75
NUTRITION EDUCATION PENCIL GAMES.
U.S. Dept. of Agriculture
Food Home Notes p. 4. Oct 16, 1970.
aTX341.F6
Childrens games, Educational games, Instructional aids, Instructional materials, Nutrition education.
Abstract: This notice alerts the press to the availability from the USDA of nutrition education pencil games which may be reproduced in family pages or in children's sections. The example shown is a crossword puzzle which presents clues calling for ten nutrition related words. Others working with children may find this method to reinforce known nutrition information of interest.

490-75
MEXICAN-AMERICAN DIABETIC DIET; PUERTO RICAN DIABETIC DIET. (SPA)
USV Pharmaceutical Corporation
Tuckahoe, N.Y. 2 single-sheet flyers printed front and back Oct 1971.
HC662.U7 F8N
Diabetes mellitus, Diabetic diets, Diet information, Food exchanges, Meal planning, Therapeutic and special diets.
Title of Original: Dieta Mexicano-Americana para diabeticos; dieta diabetica para Puertorriquenos.
Abstract: Here are suggested foods, exchange lists, and meal plans for diabetic diets based on traditional Mexican and Puerto Rican cuisine.

491-75
CALORIE CONTROL FOR YOU. (SPA)
Upjohn Company
Kalamazoo, Mich. unp. Apr 1971.
HM222.2.U6 F8N
Caloric values, Calorie-restricted diets, Diet information, Food guides, Meal planning, Weight control.
Title of Original: Control de calorias para usted.

Abstract: For those people who must restrict their intake of calories; this booklet suggests the proper foods to eat and the amount to serve at each meal.

492-75
WEIGHT CONTROL. (SPA)
E P Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 4 p. Dec 5, 1967.
RM222.2.V3 P8W
Calorie-restricted diets, Diet information, Height-weight tables, Meal planning, Obesity, Weight control.
Title of Original: Control de peso.Includes height-weight chart and forms for computing weight loss and reduction of body size.
Abstract: Overweight people eat too much and justify their excessive eating with all kinds of excuses. Basically, overeating is a psychological/emotional problem that is very hard to overcome and reducing takes a lot of motivation and will-power. This article presents a weight-reducing plan in which the dieter keeps track of his or her weight loss and receives a "Certificate of Health" when proper weight has been reached.

493-75
HOW FOOD AFFECTS YOU (SLIDES/SPANISH NARRATION). (SPA)
E P Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 87 slides, col. Feb 4, 1969.
TX368.N6 P8W AV
Diet information, Food groups, Foods instruction, Nutrient sources, Nutrient values, Nutrients, Nutrition education, Physical development.
Title of Original: Como te afecta el alimento (Slides/Spanish narration).With Spanish narration.
Abstract: This slide set and Spanish narration gives information on nutrient sources, the proper foods to eat to achieve a balanced diet, and how the body utilizes nutrients.

494-75
CALORIES. (SPA)
E P Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 3 p. May 24, 1966.
TX551.V33 P8W
Basal Metabolic Rate (BMR), Caloric intake, Caloric values, Digestion and absorption, Energy metabolism, Physical health.
Title of Original: Calorias.
Abstract: Foods contain chemical energy, measured in calories, that enables the body to do work. This article describes the role of calories in bodily health and explains how energy metabolism works.

495-75
NUTRITION FOR ADULTS. (SPA)
E P Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 3 p. Dec 5, 1967.
TX361.A3U73 P8W
Diet information, Food intake, Middle adults (35-64 years), Nutrient requirements, Nutritional adequacy.
Title of Original: Nutricion para edad madura.
Abstract: Adults in their middle years have special nutrient requirements due to restricted physical activity. It is during middle age that energy levels decrease but food consumption remains the same. The result is weight gain. This article outlines the usual dietary needs of middle-aged people.

496-75
GEOPHAGY AMONG THE EWE IN GHANA.
D P Vermeer
Ethnol 10: 56-72. 1971.
GN1.E8 P8W
Diet patterns, Environmental factors, Food beliefs, Food habits, Food symbolism, Geophagy, Ghana, Psychological aspects, Socioeconomic influences.
Extract: The consumption of clay by the Ewe of Ghana is governed by socioeconomic, physiopsychologic, and environmental factors. Clay soil is considered a food and is exploited economically. It is mainly the adult females who eat the clay, which is often in the shape of an egg and ascribed the attributes of promoting long life, health, well-being, and fertility. Chemical analysis indicates that the practice provides few minerals, but since the Ewe drink no milk, even the very small amount of calcium obtained from the clay is helpful.

497-75
VITAMIN E-MIRACLE OR MYTH?
FDA Consumer 7 (6): 24-25. Oct 1972.
HD9000.9.U6A3
Adults, Food and Drug Administration, Food fads, Food misinformation, Food quackery, Vitamin E.
Abstract: The Food and Drug Administration analyzes the present claims being made for vitamin E, and concludes after extensive examination of the medical literature that there is no scientific evidence for these claims. Large supplements are not needed for treatment of disease. The amounts most people need are provided by a usual, well balanced diet. While excessive amounts seem not to be harmful, the FDA finds no value in the consumption of any substance that offers no proven benefit

498-75
VITAMINS AND MINERALS IN YOUR BODY (CHART).
New York, Vitamin Information Bureau 1 chart, 33 3/8" x 21 3/8", col. 1974.
TX553.V5V56 P8W AV
Basic nutrition facts, Minerals, Nutrient functions, Nutrient requirements, Nutrient sources, Nutrients, Vitamins.
Abstract: This full color chart lists good food sources for 26 vitamins and minerals. It also gives the amount of each nutrient recommended (U.S.RDA) established by the U. S. Food and Drug Administration along with a brief explanation of the role of each nutrient in the body. A cut away picture of a man is included, showing various labeled body parts to help explain nutrient function. This chart could be used as a supportive piece in teaching nutrition to upper intermediate and older students, helping to stress the need for food variety in the diet in order to obtain these necessary vitamins and minerals.

499-75
THE BIOAVAILABILITY OF IRON SOURCES AND THEIR UTILIZATION IN FOOD.
James Waddell
Fed Proc Fed Am Soc Exp Biol 33 (7): 1779-1783. July 1974.
442.9 F31P
Breads, Fortification, Fortification agents, Fortified foods, Iron.
Abstract: This article is a review and a summary of a more detailed report covering a study done to survey the factors that influence the absorption of iron from the intestinal tract, to examine the program of iron enrichment of foods, and to assess the bioavailability of the iron sources that are being used. From the experimental results reviewed there is seen a great difference in the bioavailability of the iron among the compounds that have been most used in the enrichment of cereal foods. The poor absorption of iron from insoluble phosphate salts has been confirmed repeatedly. The present use of these salts must be examined in the hope that iron compounds of greater bioavailability can be substituted: which implies greater use of ferrous sulfate or reduced iron. Nutritionists, those in the food industry and other related professionals will find this article of interest.

500-75
CARLSON WADE'S FACT/BOOK ON VITAMINS AND OTHER FOOD SUPPLEMENTS AND YOUR HEALTH.
Carlson Wade
New Canaan, Conn.; Keats Pub. 119 p. [1972].
RA784.W32
Minerals, Nutrition, Supplements (Nutrient), Vitamins.
Available from NAL.

501-75
NUTRIENT REQUIREMENTS AND THE NEED FOR FORTIFICATION OF FOODS
G P Wadsworth
Ecol Food Nutr 1 (4): 247-254. Sept 1972.
TX341.E3
Deficiency diseases and disorders, Energy, Fortification, Fortified foods, Nutrient requirements, Nutrition programs, Nutritional status.
Abstract: This editorial discusses the complexities involved in food fortification, a main point being that enrichment based on statistical norms might result in nutrient imbalances. The accuracy of other measurement techniques is questioned and various studies are reviewed.

502-75
STUDIES ON SUGAR INTAKE AND OVERWEIGHT IN SOUTH AFRICAN BLACK AND WHITE SCHOOLCHILDREN.
A P P Walker
South Afr Med J 48 (39): 1650-1658. Aug 14, 1974.
R27.S6 S6 P8W
Adolescents (12-19 years), Africa, Ethnic groups, Growth, Research, Sugar, Weight.
Abstract: Because rural adults in emerging nations have little areas, or Western populations, and since all children grow faster as socioeconomic conditions rise, this research has compared height, weight and daily sugar intake of Black and White South African adolescent school children age 16-17. Results of this study, reported for nutritionists and other health professionals, showed little difference in body weight between those consuming high and low amounts of sugar, suggesting that a high intake of sugar per se does not promote overweight.

503-75
NUTRITIVE CONTENT OF COLLEGE MEALS.
Mabel A Walker, Louise Page
J Am Diet Assoc 66 (2): 146-152. Feb 1975.
389.8 AM34
Caloric values, College food service, Food composition, Nutrients, Nutritional quality, Proteins, Vitamins.
Extract: On a per-person-per-day basis, the meals met or exceeded the Recommended Dietary Allowances for nineteen-to-twenty-two-year-old men and women for protein, vitamin A, riboflavin, and niacin. About a third of the meals were below the allowances for vitamin D, three-fifths were short in thiamin, and three-fourths were short in folacin and vitamin B-6. A number of colleges offered meals that were short on calories

504-75

504-75
ACUTE IRON INTOXICATION IN AN ADULT.
Marc K Wallach, Alan Winkelstein
J Amer Med Assoc 229 (10): 1333-1336. Sept 2, 1974.
448.9 AM37
Adults, Iron, Tests, Young adults (26-34 years).
Abstract: In this article, a report of a case of acute adult iron intoxication is presented. Admission symptoms are discussed and the laboratory data and the hospital course followed for treatment are presented. A discussion highlighting the findings concludes the report. This report should prove of interest to physicians as well as nutritionists.

505-75
SOME ASPECTS OF CHILDHOOD MALNUTRITION AS A PUBLIC HEALTH PROBLEM.
J C Waterlow
Br Med J 4: 98-90. Oct 12, 1974.
448.8 B77
Child development, Child nutrition, Deficiency diseases and disorders, Growth, Malnutrition, Social influences.
Abstract: This paper discusses two major aspects concerning childhood malnutrition: types of malnutrition and the long-term effects of this condition. The author identifies two states or types of malnutrition, which he calls wasted -underweight for height, and stunted - below normal height. Wasting is common between ages 1 and 2 while stunting occurs by the age of 3-4. Since this pattern changes, preschool malnutrition should not be treated as an entity. Supplemental food appears most valuable at the wasting stage. Long term effects may cause brain damage, but social factors are also operating. Thus treatment should emphasize social as well as nutritional rehabilitation.

506-75
NUTRITION FOR THE ELDERLY OF TODAY AND TOMORROW.
Donald M Watkin
Nutr News 38 (2): 5, 8. Apr 1975.
389.8 N957
Elderly (65 + years), Individual characteristics, Malnutrition, Medical factors, Nutrition education, Research, Socioeconomic influences.
Abstract: Three principles for optimum nutrition of the elderly are presented: individual nutritional needs not panaceas, diagnosis and treatment of underlying pathology with simultaneous improvement of nutrient intake, and education of the elderly in the areas of health, nutrition, gerontology, and consumer protection.

507-75
USE OF HYPOTHETICAL SITUATIONS IN A STUDY OF SPANISH AMERICAN ILLNESS REFERRAL SYSTEMS.
C Weaver
Hum Org 35 (2): 140-154. Summer 1976.
GN1.H8
Cultural factors, Folk medicine, Health services, Illness, Medical services, Medicine, Social factors, Southwestern states, Spanish Americans.
Abstract: There is a series of actions a person will take to get relief from illness. In any culture, the person has pragmatically oriented, qualified health personnel (doctors, midwives, shamans, etc.) who can provide advice or treatment. Among Spanish Americans, these people are consulted in a progressive sequence depending on length and severity of the illness: (1) family treatment (home remedies, etc.); (2) the community treatment (advice from friends, neighbors, local wise men); (3) folk-specialist treatment (curatives given by local experts in common folk illnesses); and (4) urban professional treatment (consultation of scientifically trained practitioners who represent to some degree a different culture).

508-75
THE PREGNANT ADOLESCENT.
Emma Seifrit Weigley
J Am Diet Assoc 66 (6): 580-592. June 1975.
389.8 AM34
Adolescents (12-19 years), Bibliographies, Nutrition knowledge, Nutrition policy, Nutritional status, Pregnancy, Pregnancy and nutrition, Special groups, diets.
Extract: Nutritional research on pregnant adolescents shows that suboptimal food intake is common. Multiple social, psychologic, and economic problems may mitigate against attainment of adequate nutritional status. Use of supplements will raise the level of some nutrients, but in reported studies, their use by girls was erratic.

509-75
FOOD ACCEPTANCE IN THE DEVELOPING WORLD.
Samuel M Weisberg
Macaroni J 56 (11): 16, 18. Mar 1975.
298.8 M46
Cultural factors, Deficiency diseases and disorders, Food habits, Food symbolism, Food taboos, Health beliefs, World problems.
Abstract: This adaptation of a speech given by the author at a technical meeting discusses the history of food processing, food habits and taboos, and the cultural bases of food selection. Deficiency diseases can result from non-acceptance of a plentiful food source.

510-75
INFLUENCE OF NUTRITIONAL FACTORS ON PREVALENCE OF DIABETES.
Kelly M West, John M Kalbfleisch
Diabetes 20 (2): 99-108. Feb 1971.
RC658.A1D5
Adipose tissue, Carbohydrate metabolism disorders, Cholesterol, Diabetes mellitus, Nutrients, Research.
Abstract: The correlation between the prevalence of diabetes and nutritional factors is discussed in relation to data gathered from studies of twelve age matched populations conducted in eleven different countries. The following factors were studied: prevalence of hyperglycemia in relation to serum cholesterol levels, adiposity, electrocardiographic status and dietary intake of carbohydrate, protein, fat, and sugar. Many positive correlations are shown in the results. This report should be of particular interest to those responsible for the nutritional care and guidance of diabetic patients.

511-75
THE GREAT NUTRITION ROBBERY, OR WHO EMPTIED ALL THE CALORIES (FILMSTRIPS/CASSETTE TAPES).
Westinghouse Learning Corporation
New York, Westinghouse Learning Corp. Kit, 3 filmstrips, 3 cassette tapes, teacher's guide. 1973.
TX364.G72 F6W AV
Basic nutrition facts, Instructional aids, Instructional materials, Secondary grades.
Contents: The psychedelic vitamin phantom freak, How Adam and Eve became "Beautiful people", food for thought.
Abstract: These materials demonstrate what one should and should not eat. The first filmstrip is very general in content. Food sources containing vitamins are mentioned but never directly related to specific vitamins. There is also a mention of the six basic food groups. The other two filmstrips are even less specific in their content. Each covers a variety of topics - from overweight to food additives - with bare mention. The accompanying teacher's guide gives the purpose, student objectives and script for each filmstrip. No specific age level is suggested, but the style would probably appeal to upper intermediate and secondary students.

512-75
THE GREAT NUTRITION ROBBERY, OR WHO EMPTIED ALL THE CALORIES (FILMSTRIPS/RECORDS).
Westinghouse Learning Corportion
New York, Westinghouse Learning Corp. Kit, 3 filmstrips, 3 records, teacher's guide. 1973.
TX364.G72 F6W AV
Basic nutrition facts, Instructional aids, Instructional materials, Secondary grades.
Contents: The psychedelic vitamin phantom freak, How Adam and Eve became "Beautiful people", Food for thought.
Abstract: These materials demonstrate what one should and should not eat. The first filmstrip is very general in content. Food sources containing vitamins are mentioned but never directly related to specific vitamins. There is also a mention of the six basic food groups. The other two filmstrips are even less specific in their content. Each covers a variety of topics - from overweight to food additives - with bare mention. The accompanying teacher's guide gives the purpose, student objectives and script for each filmstrip. No specific age level is suggested, but the style would probably appeal to upper intermediate and secondary students.

513-75
NUTRITION AND THE ELDERLY: NEEDS, PROBLEMS, AND PROGRAMS.
Rachel Wheeler
[n.p.] 29 p., Bib. July 1973.
HV1451.W5
Deficiency diseases and disorders, Diets, Elderly (65 + years), Food habits, Nutrient requirements, Nutritional surveys.
Available from NAL.

514-75
ARE YOU GETTING ENOUGH CALCIUM?
H E White
Sci Teacher 33 (7): 40-42. Oct 1966.
Q1.A3S3 F6W
Calcium, California, Diet improvement, Exhibits, Food habits, Measurement, Nutrient intake, Technology.
Extract: A machine was designed by several California scientists for use in a museum setting to measure the diet of an individual and immediately tell him how much of a nutrient he was getting--in this case, calcium. It also can tell him promptly what diet changes he could make to improve this situation. Common foods are listed with usual portions. The user pushes appropriate buttons according to his intake. People questioned, whose diets were found by the machine to be deficient, said they would improve.

515-75
NUTRIENTS IN PROCESSED FOODS: FATS - CARBOHYDRATES.
American Medical Association
Philip L ed White, Dean C ed Fletcher, Mary ed Ellis
Acton, Mass., Publishing Sciences Group 206 p. 1975.
TX551.A8 v. 3 F6W
Carbohydrates, Fats and oils, Fatty acids, Food processing, Prepared foods, Processed foods, Sugar.
Symposia held October, 1973.
Abstract: This volume provides an insight into present patterns and future trends in the consumption of fats and carbohydrates with a review of their medical significance. Specific

attention is given to the role of fats and carbohydrates as energy sources with profound effects on nutrient density, their relationship to disease, and the role of high concentrations of carbohydrate and fat in determining taste preference and food selection. Also discussed are the technology modifications of fats in foods and the functions of carbohydrates in food design and processing. This information should be of particular interest to professionals as well as students in nutrition

516-75
TRACE ELEMENTS IN FOETAL AND EARLY POSTNATAL DEVELOPMENT.
Elsie M Widdowson, Joy Dauncey, J C L Shaw
Proc Nutr Soc 33 (3): 275-284. Dec 1974.
389.9 N953
Copper, Fetal growth, Infant feeding, Iron, Manganese, Nutrient intake, Trace elements, Zinc.
Extract: This paper deals mainly with three trace elements, zinc, copper and iron. Their transfer to the foetus is discussed, their combination and concentration in the serum on both sides of the placenta and their accumulation in the foetal body. Also discussed are the requirements and intakes of the full-term infant during the period after birth while it is living on milk, and finally shown are some of the problems facing the pre-term, low-birth-weight baby if it is to acquire as much Zn, Cu and Fe as it would have laid down in its body had it not been born.

517-75
ESSENTIALS OF NUTRITION AND DIET THERAPY.
Sue Rodwell Williams
Saint Louis, The C.V. Mosby Co. 302 p., paperback. 1974.
RA784.W5 F6W
Basic nutrition facts, Diet planning, Diets, Nutrients, Nutrition, Therapeutic and special diets.
Abstract: This book is designed to give a broad overview of nutrition and diet therapy and to provide practical application of the same to situations which confront health workers at all levels. It has been divided into three sections. Part One, "An introduction to human nutrition," develops the basic concepts of nutritional science by means of a problem-solving approach. It provides a background of nutritional principles and includes clinical applications to relate these principles to human health. Part Two, "Community nutrition: the life cycle," applies nutrition concepts to community and family needs, relating psychological, social, economic, and cultural influences to serious individual and community nutritional problems and and their solutions. Part Three, "An introduction to diet therapy," provides a basic manual of clinical nutrition, basing therapeutic needs on a normal nutritional framework. Charts, diagrams, and pictures are liberally scattered throughout the book.

518-75
SELF-STUDY GUIDE FOR NUTRITION AND DIET THERAPY.
Sue Rodwell Williams
Saint Louis, The C.V. Mosby Co. 207 p., paperback. 1974.
RM219.W5 F6W
Basic nutrition facts, Diet planning, Diets, Nutrients, Nutrition, Therapeutic and special diets
Abstract: This study guide is designed to be used with the textbook, Essentials of nutrition and diet therapy and is intended for use by the adult health worker. Each chapter consists of four sections. The first section, Summary-Review Quiz, consists of fill-in-the-blank type statements to be completed after reading the appropriate chapter in the text. The second section consists of discussion questions which are designed to help focus the student on the major points in a chapter. The third section, Self-Test Questions, are true-false and multiple choice type questions to be used as a post test to check for actual learning. A final section called Learning Activities gives suggestions for individual and group projects.

519-75
VITAMINS AND DRUG METABOLISM WITH PARTICULAR REFERENCE TO VITAMIN C.
C W M Wilson
Proc Nutr Soc 33 (3): 231-238. Dec 1974.
389.9 N953
Ascorbic acid, Drugs, Metabolism, Vitamin antagonists, Vitamin B complex, Vitamin K, Vitamins.
Extract: Interaction between vitamins and drugs is influenced by the effects of drugs on the functions of vitamins, on the enzymes which they control, and the cell compartments which they maintain. However these aspects of their interaction take account only of the affinity and efficacy of the drugs and vitamins at their receptors. Another type of interaction depends on the ability of vitamins to influence drug metabolism. The converse of this is the ability of drugs to stimulate or inhibit the synthesis of vitamins.

520-75
PRINCIPLES OF NUTRITION. 3d edition.
Eva D Wilson, Katherine H Fisher, Mary E Fuqua
New York, John Wiley 598 p. 1975.
TX353.W5 1975 F6W
Deficiency diseases and disorders, Nutrients, Nutrition, Nutritional adequacy, Nutritional status, Obesity, Pregnancy and nutrition, Recommended Dietary Allowances, Textbooks.
Extract: The primary aim of the third edition, as with the first and second, is to present basic nutrition information in a simple and understandable manner and to demonstrate the importance of good nutrition to health and well-being. The book is written principally for college students who are studying nutrition for the first time; it is not assumed that the readers have had any college-level science courses.

521-75
STUDIES ON IRON METABOLISM.
John F Wilson, M F Lahey, D C Reiner
J Pediatrics 84 (3): 335-340. Mar 1974.
RJ1.A653
Infant diets, Infant feeding, Infants (To 2 years), Iron, Iron-deficiency anemia, Milk.
Abstract: In this study 17 of 38 infants with iron-deficiency anemia were shown to have abnormal occult gastrointestinal blood loss which was induced by whole cow's milk, commonly associated with hypoproteinemia, and was ameliorated or stopped by substitution of soya or proprietary milk formulas. It was found that neither anemia nor iron lack per se was the cause of the bleeding, since it persisted despite therapy with blood transfusions or iron. Follow up studies suggest that the phenomenon may be transient, occuring in infancy, and likely related to development of gastrointestinal immunity. From the authors' experience it appears that the relative incidence of such hemorrhage occurs in approximately 1/2 of young children with iron deficiency anemia who are ingesting a quart or more of homogenized, pasturized cow's milk daily. Those concerned with the nutritional care of infants will find these findings of interest.

522-75
NUTRITIONAL ADAPTATION OF SOME COLOMBIA INDIANS.
N Winton
Am Anthropol 32: 293-297. 1970.
GN1.A6 F6W
Agricultural development, American Indians, Colombia, Diet patterns, Dietary information, Dietary study methods, Food habits, Nutritional status, Research needs.
Extract: Seven groups of Colombian Indians, compared on the basis of information available, depend on agriculture for a substantial portion of their diet. This report suggests a framework for future studies of the effect of nutrition on human evolution.

523-75
NUTRITIONAL PROBLEMS IN THE TEENAGER.
Martin G Wolfish
J Can Diet Assoc 36 (1): 20-27. 1975.
389.9 C16J2
Adolescents (12-19 years), Anorexia nervosa, Behavior, Exercise, Malnutrition, Obesity, Weight control.
Abstract: This article for the professional nutritionist discusses disorders of nutrition state in teenagers and offers some suggestions for their alleviation. Chief emphasis is on obesity. The author points out that caloric intake and exercise patterns of teenagers are not the same as those of adults. Of the three types of adolescent obesity, increased body fat per se is easier to deal with than an increase in both fat and lean tissue, or excessive fat deposits. Treatment of teenagers who will not eat-anorexia nervosa sufferers--includes psychiatric as well as diet counseling efforts to alter this behavior. Psychotherapy is less effective in weight control for the obese. Anemia and other problems of undernutrition are touched on briefly.

524-75
NUTRITION CAN BE FUN AT A BREAKFAST PARTY.
Marian Wyper
J Sch Health XLIV (8): 464-466. Oct 1974.
LB3401.J6 F6W
Children, Educational methods, Instructional aids, Nutrition, Nutrition education, Teaching methods.
Abstract: In this article, published in a journal for school health personnel, the author presents a method for introducing nutrition into the second grade classroom - a breakfast party. This project centered around the informal presenting of the students' knowledge of nutrition and the presentation of the Four Food Groups and food customs of other countries. Three groups were selected for specific study and foods, clothing, living patterns, and home environment were studied. Menus representing the three groups were planned and a tasting party followed. As a follow-up, students were post tested on nutrition knowledge, parent views were requested through a questionnaire, and a parent workshop on nutrition was given. Those working with the nutrition education of primary level children will find the ideas presented of interest.

525-75
NUTRITION CALCULATOR.
Harold Yacoqitz
Melbourne, Ideal World Publishing Co. 28 p. 1975.
TX360.W838 F6W
Basic Four, Calculated nutrient content, Food composition tables, Nutrient values, Nutrients, Recommended Dietary Allowances.
Abstract: This collection of tables shows content of 22 nutrients in 230 raw, prepared, and processed foods.

526-75
NON-HYPOGLICEMIA IS AN EPIDEMIC CONDITION.
Joel Yager, Roy T Young
New Engl J Med 291 (17): 907-908. Oct 24, 1974.

527-75
448.8 W462
Blood glucose level, Carbohydrate metabolism disorders, Hypoglycemia, Patient care.
Abstract: In view of the current trend for incorrect self-diagnosis of hypoglycemia, this paper, written for the physician, treats "non-hypoglycemia" as an entity in itself. The syndrome is discussed in terms of common presenting symptoms, pathogenesis, course, diagnosis and differential diagnosis. The role of the physician in treating this disorder is described and three steps are recommended: disattribution - or the uncoupling of psychologic connections between experience of symptoms and the self explanation about what they are due to, exploration and ventilation of the patient's ideas about other possible explanations for the symptoms, and reattribution-or the physician's suggestion of an alternative explanation and treatment.

527-75
YOU ARE WHAT YOU EAT -- NUTRITION IS OUR BUSINESS (POSTER). Harrisville, Penn., School Food Service 1 poster, 15"x20 3/4", col. [n.d.].
TX360.I63 P68 AV
Basic Four, Basic nutrition facts, Children, Food groups, Instructional aids, Instructional materials, Primary grades.
Abstract: This color poster advocates good nutrition through eating foods from the Basic Four Food Groups at each meal. Labeled foods from the groups are pictured together in a food basket held by a white male child. It could be used as a promotional piece in the school cafeteria or in the classroom at the primary level as a supportive nutrition education material.

529-75
BAKER'S YEAST AS A PROTEIN SUPPLEMENT IN CORN MEAL MUFFINS.
Mary E Zabik, Trudy Garrison
Home Econ Res J 3 (3): 186-191. Mar 1975.
TX1 A6
Corn, Flavor, Muffins, Proteins, Supplements (Nutrient), Yeast.
Extract: Quality characteristics of corn meal muffins supplemented with 10, 20, and 30 percent baker's yeast protein based on the levels of corn meal in the formulation were compared to those of control muffins. These characteristics included volume; percentage of moisture; tenderness determined with a sheer press; and sensory evaluations for surface appearance, interior color, texture, tenderness, moisture, and flavor.

529-75
ZEN MACROBIOTIC DIETS.
What's New Home Econ 36 (7): 34. Oct 1972.
321.8 W55
Adolescents (12-19 years), Deficiency diseases and disorders, Food fads, Malnutrition, Zen macrobiotic diet.
Abstract: The dietary regime is described and concern expressed over its growing popularity among adolescents. The rigid restrictions imposed may cause serious nutritional deficiency and consequent disease.

# HISTORY

530-75
BAKED GOODS: SOMETHING FOR EVERYONE.
David I Beckman
Harvard Bus Rev (1): 1-3, 6. 1975.
280.8 H262
Baked goods, Breads, Consumer economics, Desserts, Flavor, Flavorings, Frozen foods.
Abstract: This article describes the many forms of baked goods and discusses economics and rising production of the baking industry. The flavor chemist's role in enhancing the taste of baked goods is reviewed.

531-75
BEEF IS BEEF AND BUFFALO IS BUFFALO AND NOW THE TWAIN HAVE MET.
Sch Foodserv J 29 (2): 44-50. Feb 1975.
389.8 SCH6
Beef, Beefalo, Food cost, Taste.
Extract: A new cross between buffalo and beef cattle called a beefalo, promises meat that is tastier and more tender than beef, and, here's the best part, from 25 to 40 percent less expensive.

532-75
RAISIN INFORMATION KIT.
Botsford Ketchum Inc
San Francisco, Calif. 16 p. [n.d.].
SB399.R3 P68
Nutrients, Packaging, Raisins.
Abstract: This pamphlet covers raisins in detail, including history, growing techniques, types, packaging, nutrient content, and serving suggestions. A list of California packers is included.

533-75
A HUNGRY WORLD: THE CHALLENGE TO AGRICULTURE; SUMMARY REPORT California. University, Food Task Force
Berkeley, University of California Cooperative Extension 68 p., illus. July 1974.
HD9000.5. H8 P68
Agriculture, Food consumption, Food production, Food sources, Food supply.
Abstract: This task force was requested to study and report on the demands being made on the food supplies of the United States and the factors which will affect the availability of the United States to meet these demands. The subject was examined from worldwide, U. S. and California viewpoints. The report covers such topics as (1) the world food system, (2) world food consumption, (3) food crop, livestock and aquatic food production potential, (4) factors affecting food production - environmental quality, energy, and human, economic and institutional forces, (5) food balance and world trade, and (6) the implications of these findings. It is hoped that it will provide the reader with a basis for the evaluation of future considerations on the allocation of existing and new resources.

534-75
THE HISTORICAL RELATIONSHIP BETWEEN FOOD SCIENCE AND NUTRITION.
C O Chichester, William J Darby
Food Technol 29 (1): 38-42. Jan 1975.
389.8 F7398
Canned foods, Food preservation, Food quality, Food science, Food technology, History, Nutrition, Trace elements, Vitamins
Extract: This article describes the common beginnings of the sciences of nutrition and food, their divergence as the science of nutrition focused primarily on the essential nutrients and the science of food focused on engineering and thermal preservation, and their recent interdependence.

535-75
PROCESSING OF FOODS IN ANCIENT ROME.
Judith A Clark, Samuel A Goldblith
Food Technol 29 (1): 30-32. Jan 1975.
389.8 F7398
Food preservation, Food processing, Food technology, History, Rome, Italy.
Extract: This article presents information drawn from the writings of ancient Roman authors concerning food processing and preservation and integrates it with the life and times of the people of ancient Rome.

536-75
FOOD AND MONEY READINGS.
Cost Of Living Council
Washington, D.C. 10 p. [n.d.].
TX356.F69 P68
Consumer economics, Food cost, Food economics, Food habits, World problems.
Extract: The booklet discusses in detail the links that form the food chain. For example, high prices for meat are the end result of a chain of events that begins not with the cow, but with rainfall, fertilizer, and a kernel of corn or even a small anchovy.

537-75
THE WORLD FOOD CONFERENCE: "PERCEPTIONS 1974" IN PERSPECTIVE
Howard B Cottam
J Am Diet Assoc 66 (4): 333-337. Apr 1975.
389.8 AM34
Conferences, Developing nations, Food production, Nutrition programs, World problems.
Extract: A participant at the World Food Conference held in Rome in November 1974 reports on discussions, dissensions, and problems to be surmounted in developing a world food policy so that present hunger can be eliminated and ultimately adequate nutrition for all people can be achieved.

538-75
THE WORLD FOOD CRISIS AND THE CHALLENGE TO AGRICULTURE.
Folke Dovring
[Chapel Hill] Institute of Nutrition, The University of North Carolina 14 p. Mar 26, 1974.
HD9000.5.D6 P68
Agriculture, Food consumption, Food industry, Food production, Food supply.
Presented as the inaugural H.Brooks James Memorial Lecture, March 26, 1974.
Abstract: This report outlines various factors affecting the world food crisis including agriculture production, national economics, the international trade situation, population, and world politics. Recommendations and needs for low-income and high-income countries in improving the situation are discussed. Role of U.S. agriculture in particular in facing this crisis in terms of the economy of the country and world at large is presented. The question discussed on this point is one of whether to go on producing crops to the maximum extent possible or to revert to the position of a crop output tailored to match domestic demand and limited export prospects. Meat consumption is a key, and if trends continue, less and less grain will be available for export. The effect of the

balance of payments on this situation is reviewed. Production possibilities in response to this export perspective are outlined, along with possible resulting changes in food habits. Those interested in nutritional repercussions of the world food supply situation should be aware of this booklet.

539-75
EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT POTATOES.
Fast Food 72 74): 52. Apr 1973.
389.2538 F82
Ascorbic acid, Caloric values, Enrichment, Minerals, Nutrients, Potatoes, Processed foods, Vitamins.
Abstract: Potatoes are an unusually rich source of nutrients, and are not fattening. Processed potatoes are enriched since vitamin C content diminishes during storage.a downward trend in consumption has been reversed by new processing techniques.

540-75
THE FAST FOOD CRUSADE.
Food Management 10 (3): 50-53, 84-86. Mar 1975.
TX341.F69
College food service, Commercial food service, Fast foods, Fast-food chains, Ohio, Profit.
Abstract: The impact of the opening of major fast food chains on college campuses is examined, and operation at the University of Cincinnati is described. The effect on school foodservice has been negligible thus far. The possibility of fast food chains opening in lower schools and hospitals is considered. The nutritional quality of fast foods is discussed.

541-75
OUR HUNGRY WORLD.
Henrietta Fleck
Forecast Home Econ 20 (3): f33, f64. May/June 1975.
321.8 F75
Demography, Food production, Population growth, Projects, World problems.
Abstract: World food problems are related to population increase and food production. The role of the United States in solving those problems is discussed. Classroom projects dealing with those subjects are suggested.

542-75
FORECAST '75; WHAT LIES AHEAD FOR THE FOOD SERVICE INDUSTRY?
Food Serv 37 (2): 15-20, 45-50. Feb 1975.
389.2538 F732
Equipment, Food service industry, Frozen foods, Industrial relations, Meat, Potatoes, Prediction.
Abstract: Several food service industry leaders comment on the immediate future and discuss meat supplies, frozen foods, potatoes, equipment, and labor management.

543-75
FORECAST 75; WHAT LIES AHEAD FOR THE FOOD SERVICE INDUSTRY?
Food Serv 37 (1): 17-23, 46-53. Jan 1975.
389.2538 F732
Consumer education, Convenience foods, Food cost, Food service industry, Food supply, Nutrition education, Prediction, Processed foods.
Extract: Food service industry and government leaders present their views on what's ahead for the food service industry in 1975 and beyond.

544-75
USDA EXPERTS GUARDEDLY EYE 1975 FOOD COMMODITY MARKET.
Bob Mockon
Restaurant Bus 74 (2): 77-82. Feb 1975.
389.2538 F82
Baked goods, Commodities, Dairy foods, Food cost, Fruits, Meat, Prediction, Sugar, Vegetables.
Extract: This report on the commodities situation covers wheat (a record crop forecast); beef and veal (both plentiful); pork, lamb , poultry (trouble ahead, especially for poultry); sugar (prices still "relatively high"); vegetables; fruits; and dairy products.

545-75
HUMAN MILK, NUTRITION, AND THE WORLD RESOURCE CRISIS.
Derrick B Jelliffe, E F Patrice Jelliffe
Science 188 (4188): 557-561. May 1975.
470 SCI2
Breast feeding, Contraception, Deficiency diseases and disorders, Economics, Infections, Lactation, Malnutrition, World problems.
Extract: A key biological food and child spacing system has not been given sufficient attention: human milk and the process of breast feeding. This is in part because human milk is not usually considered when food is discussed, because it is neither grown nor purchased. Likewise the contraceptive effect of breast feeding has been dismissed by the western world as an old wives' tale until recently.

546-75
MEETING CHALLENGES IN FOOD SERVICE; A GUIDE FOR SOLVING PRESENT AND FUTURE PROBLEMS.
William I Kahrl
New York, Chain Store Age Books 182 p. 1974.
TX911.K3 F69
Energy, Food service industry, Food service management, Food service workers, Food supply, Profit, Research, Safety, Sanitation.
Extract: The approach in this book is not one of panic or pessimism but one of realism. Rather than describe put-out-the-fire tactics, it defines a sensible and practical approach to meeting emergencies and problems before they get out of hand. Each chapter deals with an important element of what to expect in the future. It points out the trouble spots and details action that can be taken to lessen their severity Furthermore, the entire food service industry is covered, not just restaurants or the profit part, but segments like schools, hospitals, in-plant, institutions, and so on. Indications are that all parts will be affected, and interestingly most of the answers apply to all.

547-75
MILK DRINKERS ARE WINNERS! (SPA)
D B Kleyn, A C Burkart
Rutgers, the State University, College of Agriculture and Environmental Science
New Brunswick, N.J. nap. 1971.
TX379.K5 F69
Diet information, Food cost, Food preparation, Home, Food storage, Milk, Nutrients.
Title of Original: Los tomadores de leche son campeones!
Abstract: Milk is an essential component of the diet for people of all ages. It contains needed nutrients, is economical to buy, and is easy to prepare and use as an ingredient in recipes.

548-75
NUTRITION AND INFECTION IN NATIONAL DEVELOPMENT.
Michael C Latham
Science 188 (4188): 561-565. May 1975.
470 SCI2
Deficiency diseases and disorders, Developing nations, Infections, Malnutrition, Mortality, Nutritional status, World problems.
Extract: Nutritional status...has an effect on infections, and infections have an effect on malnutrition. These are most important relationships. In developing countries communicable diseases are extremely prevalent and are a major cause of morbidity and mortality, just as they were in Europe and North America at the turn of the century. The majority of children in most developing countries suffer from undernutrition and malnutrition at some time in the first five years of life.

549-75
SOME CURRENT FOOD POLICY ISSUES (MAY 1975).
Alden C Manchester
Natl Food Situation P. 33-35. May 1975.
1.941 S2F73
Consumer economics, Food economics, Food prices, Food production, Food supply, World problems.
Extract: The issues--the price of food to U.S. consumers,the competition between domestic and foreign buyers for U.S. agricultural products, and the role of the United States in feeding the hungry of the world are discussed.

550-75
THE MANY-FACETED MINT.
Givaudan Flavor 2: 5-6, 8. 1975.
395.8 G44
Folk medicine, Herbs, History.
Abstract: The history of uses, medicinal and as a flavoring agent, are reviewed for two varieties of the herb, peppermint and spear mint.

551-75
A UNIVERSAL FEEDING CRISIS.
Josephine Martin
Food Management 10 (2): 27-28. Feb 1975.
TX341.M69
Food cost, Health, Nutrition education, Parent education, Professionalism, School food service, World problems.
Abstract: This editorial treats nutrition and health, world food problems, nutrition education, food costs, professionalism in school food service, and parent education.

552-75
MANAGEMENT OF FAMINE RELIEF.
Jean Mayer
Science 188 (4188): 571-577. Dec 1975.
470 SCI2
Illness, Famine, Malnutrition, Management, Population growth, Rehabilitation, World problems.
Extract: No matter what the cause of the famine, it is essential to have one person in charge of relief, and he or she should be of high enough caliber to have the needed authority, nationally and internationally. This individual's staff must reflect the complexity and number of the problems discussed in this brief review.

553-75
MILK, BUTTER, AND CHEESE, THE STORY OF DAIRY PRODUCTS.
Carolyn Meyer
New York, William Morrow and Co. 96 p., illus. 1974.
TX377.M4 F69
Childrens stories, Dairy foods, Milk, Milk products.
Abstract: Written for the intermediate level child, this book tells the story of the dairy industry. Milk production is traced from Colonial days and earlier to the present, from one-man farms to today's major mechanized industry, from a few products to the myriad available today. The book is divided into two sections part one discusses milk production, process-

554-75

ing, types of milk available and milk's nutritional contributions to the diet. Part two discusses several milk products: butter, cheese, ice cream, buttermilk, yogurt and sour cream. Each chapter concludes with recipes of various levels of difficulty, offering for example simple directions for making butter or pot cheese or more complicated dishes such as welsh rabbit or buttermilk pancakes. Pencil illustrations are interspersed throughout the book.

555-75
SOUR CREAM, CONVENIENCE FOOD WITH A GOURMET TOUCH.
National Dairy Council
Chicago, National Dairy Council 2 p. 1974.
SF251.N3 F88
Cream, Dairy foods, Food production, Food purchasing, Food storage, Milk products, Standards.
Abstract: Many facts about sour cream are concentrated in this two page leaflet. It begins the story of sour cream, tracing its origin from ancient days to home preparation to today's modern processing methods. The standards of identity established for sour cream are outlined as are sour cream's nutrient contributions. Consumer pointers on purchasing, label reading, storage recommendations, and suggested cooking ideas are also included. This publication could be used with consumers from the upper elementary level through adulthood.

556-75
FOOD THE COLOR OF LIFE (MOTION PICTURE).
National Dairy Council
Chicago, Ill. 22.5 min. sd. color. 16 mm. 1970.
TX36A.F636 F88 AV
Basic Four, Food production, History, Malnutrition, Nutrient functions, Nutrient requirements, Nutrition, Research, World problems.
With teacher's guide.
Abstract: The film describes nutrient functions, content in food, and the human body's requirements for health and well-being. The development of agriculture as a science is discussed, and it is pointed out that a relatively few people now feed millions. Malnutrition as a world problem is treated and possible solutions proposed. Research in nutrition and its meaning to the individual are reviewed. The basic four food groups are described and the interaction of the nutrients in the groups in promoting good nutrition are discussed.

557-75
WORLD CLIMATES AND FOOD SUPPLY VARIATIONS.
James E Newman, Robert C Pickett
Science 186 (4167): 877-881. Dec 1974.
470 SC12
Agricultural development, Agricultural research, Agricultural techniques, Climatic factors, Food supply, World problems.
Extract: Most areas of famine could be greatly reduced with proper planning. Improvements in food production in nearby relatively favorable areas could alleviate the present situation whereby a disastrous food shortage must become "newsworthy" throughout the world before the ponderous machinery of international assistance and very expensive intercontinental staple grain shipments are made. Such planning would allow man to be far less at the mercy of the annual whims of seasonal weather for his food supply.

558-75
THE SWEET POTATO: ITS ORIGIN AND DISPERSAL.
P J O'Brien
Am Anthropol 74: 342-365. 1972.
GN1.A4 F88
Agricultural development, Food selection, Food supply, Geographic regions, History, Plant sources of foods, Sweet potatoes, Vegetables.
Extract: The sweet potato originated in Central America or northwestern South America and is a staple food throughout tropical regions of the world. It was introduced into Polynesia long before Magellan's voyage, and was spread to the rest of the Pacific. The Spanish introduced it to Europe, China, Japan, Malaysia, and the Moluccas. The Portuguese carried it to India, Indonesia, and Africa.

559-75
FAMINE--1975!; AMERICA'S DECISION: WHO WILL SURVIVE?
William Paddock, Paul Paddock
Boston, Little, Brown And Company 276 p. 1967.
HD9000.5.P3 F88
Food supply, Prediction, World problems.
Abstract: This is a 1967 prediction of famine due to increasing population. The role of the United States in solving world problems of food supply is discussed.

559-75
FOODS IN ANCIENT EGYPT AND CLASSICAL GREECE.
R R Palmer
Food Technol 29 (1): 23-27. Jan 1975.
389.8 F7398
Egypt, Food habits, Food preservation, Food processing, Food storage, Food taboos, Food technology, Greece, History.
Extract: This article examines some of the technologies that were developed in ancient Egypt and classical Greece for the processing, preservation, and preparation of foods and shows that certain of the food technologies and dietary attitudes can still be clearly recognized today.

560-75
FOOD LOGISTICS IN HISTORICAL PERSPECTIVE.
Martin S Peterson
Food Technol 29 (1): 34-36. Jan 1975.
389.8 F7398
Food preservation, Food storage, Food technology, History, Transportation.
Extract: Technological advances in the areas of food procurement, preparation, preservation, transportation, and storage have increased the mobility, speed of action, and strength of armies through the ages. This article traces the application of available technology to the military needs of prehistoric man, ancient armies, and modern-day armies.

561-75
PROBLEMS/SOLUTIONS MIS VAIL FORMAT.
Sch Foodserv J 29 (5): 44-50. May 1975.
389.8 SC86
Commodities, Equipment, Food service industry, Labeling, Legislation, Meetings, Prediction, Sanitation, School food service.
Extract: Heralded by many as the best meeting in its nine year history, the Annual Industry Seminar, January 19-23, at Vail, Colorado, went a long way toward getting out in the open the problems encountered by industry and food service alike. Then attendees set about offering solutions for the identified problems.

562-75
FOOD SUBSTITUTES IN A DEVELOPING ECONOMY.
Mervyn Pelle
League Ist Food Educ p. 1-4. Apr 1975.
TX341.L4 F88
Developing nations, Food cost, Food substitutions, Nutrients, Proteins, plant, Sri Lanka (Ceylon), World problems.
Extract: The food problem has a decided influence on the economy of developing nations which poses additional limitations with respect to constraints in foreign exchange and other considerations. Sri Lanka, truly representative of a developing economy, has approached the problem from the standpoint of food substitutes.

563-75
FRUIT AND VEGETABLE FACTS AND POINTERS: OKRA. 3d ed.
Clarice Sackett
Fruit Veg Facts Pointers 5 p. Feb 1975.
SB1 U834
Food grades, Food purchasing, Food storage, History, Nutritional value, Okra, Packaging.
Abstract: This updated report on okra covers geography and climate conditions, history of use, and botany. Production, sources, and marketing season are reviewed. Information is supplied on varieties, grading, packaging and storage. The composition and nutritional value are detailed, and a list of references supplied.

564-75
FRUIT AND VEGETABLE FACTS AND POINTERS: STRAWBERRIES. 3d ed.
R A Seelig
Fruit Veg Facts Pointers 2a p. Feb 1975.
SB1 U834
Food production, Food storage, History, Institutional feeding, Marketing, Nutritional value, Strawberries.
Abstract: This revised report on strawberries supplies information on their history, growing climate and geography, and botany. Production and marketing are covered in detail. Packaging, transport, storage, and market diseases are reviewed and grades, quality, and nutritional value are discussed. A purchasing guide for group feeding and a list of references are included.

565-75
FOOD FOR THE WORLD'S HUNGRY.
Harvell S Stewart
New York, Public Affairs Pamphlets 24 p., illus. 1974.
HD9000.5.S8 F88
Food habits, Food harvesting, Food production, Food supply, World problems.
Abstract: In this booklet reasons behind the world food shortage and suggested remedies to overcome this crisis are set forth. Factors limiting food production discussed include weather, lack of farmable land, the increased demand for animal protein, and the inability of small Third World farmers to apply modern scientific methods of production. To assure adequate food, the author calls for drastic political and technological changes in terms of land reform, access to public services, formation of global reserves, increased food production, soil improvement, slowing population growth etc. Specific steps are also recommended for U.S. action to provide leadership in this effort. Nutrition educators will find this report of interest.

566-75
PROCEEDINGS OF THE 23RD ANNUAL CONFERENCE OF THE SOCIETY FOR THE ADVANCEMENT OF FOOD SERVICE RESEARCH, "FOOD SERVICE RESEARCH FOR THE SEVENTIES," CHICAGO, 1970.
The Society for the Advancement of Food Service Research
Chicago, Society for the Advancement of Food Service Research
26 p. Oct 1970.
TX943.S6 1970 F88
Food purchasing, Food service, Food service industry, Food service workers, Foods, Inventories.

Abstract: This publication includes presentations and discussions from the October 1970 Meeting of the Society for the Advancement of Food Service Research. Topics define some of the food service industry's research needs and included operations research and information handling, efficiency foods, human resource conservation, inventory systems, commissaries, and food procurements. The reports of three discussion groups are given and the conference itself is summarized. It is the purpose of this report to assist those in food service in the coordination of efforts and research for improvement in the industry.

567-75
THE WORLD FOOD CONFERENCE--A FRUSTRATING FIRST STEP.
Gerald W Thomas
BioScience 25 (2): 131-133. Feb 1975.
500 AM332A
Agriculture, Family planning, Food production, Food supply, Hunger, United Nations, World problems.
Abstract: The world food conference held in Rome in 1974 took an important first step to confront the problem of world hunger, according to this review article for the professional scientist. Differing views of various participating countries on food supply and food production and population control are presented, along with the approaches proposed by the United Nations for solving the immediate problem of hunger (increased food aid) and long term increased food production. The delegates established a World Food Council, a grain reserve system was agreed upon, an international fund for agricultural development was approved, a food warning system will be instituted, a systematic world fertilizer production and distribution will be developed, and research on agriculture and weather will be increased. These solutions bring up other problems, suchas dependence on petroleum-based fertilizers, which are also discussed.

568-75
QUESTIONS AND ANSWERS ON THE WORLD FOOD SITUATION.
U.S., Foreign Agricultural Service
Washington, D.C. 18 p. Nov 1974.
SD9000.5.Q5 F6W
Africa, Bangladesh, Food supply, Grain products, India, Wheat, World problems.
Extract: World food production in 1974 will not match last year's record. World grain stocks, pushed downward by 1972 crop failures, are shrinking again this year. Certain regions, moreover, are experiencing acute food shortages and suffering. The situation in the African Sahel results from a 5-year drought. Emergency situations in India and Bangladesh are of more recent origin, stemming from the lateness and irregularity of monsoon rains this year. These areas are receiving outside aid, including agricultural commodities from the United States.

569-75
IS THE WORLD FACING STARVATION?
U.S., Office of Communication
Washington, D. C. amp. Apr 1975.
SD9000.5.I8 F6W
Food economics and consumption, Food supply, Malnutrition, Nutrition education, Population growth, World problems.
Abstract: This pamphlet supplies answers to questions concerning world food problems. Facts on food supplies, hunger, and famine are presented in a manner designed to sort out the truth from fictional accounts of world nutrition and food problems.

570-75
ENDIVE-ESCAROLE-CHICORY.
United Fresh Fruit & Vegetable Association
Fruit Veg Facts Pointers 8 p. illus. Sept 1964.
SD9420.F7 F6W
Chicory, Endive, Escarole, Food quality, Food storage, History, Marketing, Nutrient values, Plant sources of foods.
Abstract: For the use of consumers, food marketers, and food processors, this bulletin provides information on endive, escarole, and chicory--their history, uses, production and consumption, quality, marketing features, storage and display needs, and nutrient content.

571-75
SORRY, NO VACANCY (MOTION PICTURE).
J Wilbite, P Wilbite
Malibu, Calif., Malibu Films 1 reel, 16 mm, sd., col, 27 min 1973.
SD9000.5. S6 F6W AV
Food supply, Green Revolution, Pollutants, Pollution, Population growth, Population trends, World problems.
Abstract: Viewers of this film will get a vivid picture of how the world food shortage, uncontrolled population growth, and pollution of all kinds are different facets of the same problem - "Man's merciless consumption of the planet's dwindling resources." A documentary style is used, alternating between vignettes dramatizing symptoms of the resource problem and interviews with recognized authorities in food science, agronomy, and population. No simple solutions are offered in the film. This film is suitable for use with groups from a junior high school class to a university graduate seminar, as well as nonformal educational settings.

572-75
WORLD CONFERENCE FOCUSES ON DECLINING FOOD SITUATION.
Betty Williams
AHEA Action 1 (8): 1-2. Feb 1975.
TX1.A5 F6W
Food programs, Home economists, Malnutrition, Nutrition education, Planning, Population growth, World problems.
Extract: In November home economists were following the World Food Conference in Rome where delegates from 130 nations, observers from 200 nongovernmental organizations, and a heavy press contingent, gathered for two weeks of rhetoric, intensive lobbying and negotiation, and finally earnest hard work and compromise to achieve concensus on a world plan of action.

573-75
WORKSHOP ON THE ROLE OF LAND GRANT INSTITUTIONS IN APPLIED HUMAN NUTRITION, GREENSBORO, NORTH CAROLINA, 1973.
Washington, The Nutrition Foundation 116 p. 1973.
TX345.W6 1973 F6W
Applied nutrition, History, Land grant universities, Models, Personnel, Proceedings, Program design, Program evaluation.
Abstract: The stated objective of this workshop was to examine new opportunities for developing more effective programs of education, research, personnel development, and leadership for applied human nutrition through land grant colleges with particular emphasis on the "1890" (Black Land Grant) institutions. Recommendations were developed by a series of workshop groups addressing themselves to the various segments of the objectives. This document would be useful to anyone planning research in applied nutrition, expanding the role of a nutrition department, or needing guidance on improving the effectiveness of a community nutrition program.

574-75
THE WORLD OF CARBONATED BEVERAGES.
Harvard Bus Rev (1): 4-5, 8. 1975.
280.8 H262
Consumer economics, Flavor, Flavorings, Soft drinks.
Abstract: The history and economics of soft drinks are discussed; low-calorie types are included. Flavoring, its history and present availability, is described in terms of the "soda" market.

# FOOD STANDARDS AND LEGISLATION

575-75
BETTER EDUCATE THAN LEGISLATE NUTRITION INFO.
Inatit/vol Feeding 76 (8): 35. Feb 1975.
TX1.I55
Federal programs, Food service industry, Legislation, Nutrition education, Nutrition policy, School food service.
Abstract: Comments by food service operators on the proposed National Nutrition Policy and Federal Office of Nutrition are reviewed.

576-75
NUTRITIONAL LABELING - A CHALLENGE, AN OPPORTUNITY.
Victor Block
Snack Food 63 (7): 30, 41. July 1974.
389.8 C84
Consumer education, Education, Food industry, Labeling, Nutritional labeling.
Abstract: This article, published in a journal for the snack food industry, highlights the talks of various speakers presented at a food industry meeting on nutrition labeling. The messages stressed the need for consumer education in the use of nutrition labeling so that the consumer could make meaningful nutrition evaluations and comparisons. It was also pointed out that the consumer is "fairly knowledgeable" in some aspects of nutrition which should be used as a basis for further education. Problems currently existing in food advertising practices on the nutritional content of products are also discussed.

577-75
NUTRITION POLICY.
Campbell Soup Company
[Camden] Campbell Soup Company 8 p. 1974.
TX355.C34 F6W
Administration, Food industry, Industry role, Nutrition, Nutrition policy, Planning, Policy.
Abstract: This policy, established by the Campbell Soup Company, emphasizes the company's concern regarding the consumer's ability to make food choices that offer nutritional value in terms of price, quality, ease of preparation, and suggested use. The objectives of various company divisions in implementing this policy are presented, including those of the research division, sales divisions, operating division, service divisions, international, and professional and scientific advisors. Nutrition terms and their definitions currently in use within

578-75
the company are included. Nutritionists and related professionals in areas of health and the food industry will find this policy of interest.

578-75
MEXICAN FIESTA MENU.
Cling Peach Advisory Board
San Francisco, Calif. Unpaged. [n.d.].
TX739.M42 F6N
Basic Four, Child nutrition, Educational games, Nutrient requirements, Nutrients, Nutrition education, School lunch program, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

579-75
FAIR TRADE AND NUTRITION.
Ronald M Deutsch
Food and Nutr News 46 (5): 1, 4. May/June 1975.
389.8 F7332
Advertising, Federal Trade Commission, Nutrient sources, Nutrients, Nutrition.
Abstract: Although the Federal Trade Commission is making a sincere and necessary effort to control misinformationin food advertising through its Trade Regulation Rule, FTC has no staff capability in nutrition. It is suggested that nutritionists offer their help in order to avoid errors inherent in TRR.

580-75
BEYOND ECONOMICS AND NUTRITION: THE COMPLEX BASIS OF FOOD POLICY.
Johanna T Dwyer, Jean Mayer
Science 188 (4188): 566-570. May 1975.
470 SCI2
Economics, Food programs, Fortification, Government role, Nutrition education, Nutrition policy, Nutritionists, Planning, Socioeconomic influences.
Extract: This article...is not concerned with past achievements but with trying to examine the factors that are hampering the development of practical and acceptable policies in the fields of foods and nutrition. In particular it analyzes the disciplinary limitations that prevent physicians, nutritionists, and economists from working together with governments to present coherent, broad-based plans in these fields.

581-75
FAIR PACKAGING AND LABELING ACT.
Cereal Foods World 20 (4): 180-182. Apr 1975.
59.8 C333
Consumer protection, Labeling, Legislation, Packaging.
Abstract: Sections 2 through 12 of the Act are reproduced.

582-75
READ THE LABEL, SET A BETTER TABLE (MOTION PICTURE).
Food and Drug Administration
Washington, National Audiovisual Center 1 reel, 16mm, sd., col., 14 min. 1974.
TS196.6 R4 F6N AV
Consumer education, Films, Labeling, Nutrient functions, Nutrient sources, Nutritional labeling.
Abstract: This film, designed to appeal to all ages, describes the FDA nutrition labeling program. It draws the consumer's attention to what information may be found on the label and gives examples for its use. Dick Van Dyke is the narrator and central character and he stresses the need to read labels in comparing food costs, nutrient values and caloric values in making wise food choices. Animated musicalsequences describe the specific nutrients that are on the labels and point out that different nutrients have differentfood sources and perform different functions in the body.

583-75
THE FOOD LABELING REVOLUTION.
Cereal Foods World 20 (4): 184-185, 188. Apr 1975.
59.8 C333
Advertising, Enrichment, Fortification, Labeling, Nutrients, Nutritional labeling, Nutritional quality, Recommended Dietary Allowances.
Abstract: Detailed information on the content of food labels is supplied. Several labels, as required by FDA regulation, are depicted and explained.

584-75
FRANKFURTERS AND COOKED SAUSAGE.
Consumer Reqist 4 (11): 1, Sept 1, 1974.
HE20.1.A1C6 F6N
Food processing, Food standards, Food standards and legislation, Frankfurters, Labeling, Sausage.
Abstract: This brief supplement includes a section on proposed regulations for ingredients in frankfurters and cooked sausages. Provisions found in existing standards plus recommendations proposed by the processor for the inclusion of additional meat products are given. Those involved in nutrition education and food service programs for children who generally eat these products should be aware of this proposal.

585-75
CODE OF RECOMMENDED PRACTICES FOR THE HANDLING OF FROZEN FOOD
Rev. ed.
Frozen Food Coordinating Committee
Washington, D.C. 10 p. Oct 1974.
TP943.5.C6 1974 F6N
Food handling, Food preservation, Food service, Food storage, Frozen foods, Standards, Temperature.
Extract: The subjects covered by these recommended practices relate to merchandising aspects of frozen foods. The frozen food industry trade groups which have joined in subscribing to these recommended voluntary operating practices have done so in an organized effort on their part to insure that new technological developments will continually be made available to the industry and help to concurrently up-date good practices for the care and handling of frozen foods.

586-75
NUTRITIONAL GUIDELINES - A STEP BACK?
Jerry Hess
Snack Food 63 (7): 7. July 1974.
389.8 C86
Enrichment, Food and Drug Administration, Food industry, Fortification, Fortified foods, Snacks.
Abstract: This editorial discusses the guidelines for snack foods recently published by the FDA. Conditions under which the FDA would allow fortification of food are listed. Options open to snack food manufacturers are discussed. These alternatives are to fortify with the 19 nutrients required, to restore the nutrients lost in processing, to nutritional label without fortification, or to continue no nutritional information. The industry is called upon to respond to the FDA with proposals of its own.

587-75
WHAT SOME FOOD LABELS DON'T TELL.
Wallace P Janssen, Enoc P Waters
FDA Consumer 6 (6): 13-17. July/Aug 1972.
HD9000.9.U5A1
Adults, Food and Drug Administration, Food standards and legislation, Labeling.
Available as a reprint from the GPO.
Abstract: Many foods are now "standardized" by law as to ingredients, so that their containers do not need to list all of the items they contain. This article reviews how such standards, and other legalizations of food production requirements, have come about, and lists the kinds of foods which are standardized, and the standards of identity, quality and fill now required by the Food and Drug Administration. Of interest to the housewife, home economist and nutrition educator.

588-75
NUTRITION LABELING.
Marion McGill
Fam Health 6 (11): 35-38. Nov 1974.
HA773.F3 F6N
Food and Drug Administration, Glossaries, Labeling, Nutritional labeling, U.S. Recommended Dietary Allowances.
Abstract: This guide to nutrition labeling describes this system for the lay person. Included is information on the provisions of the new labeling laws, a definition of terms used in labeling, label design with a diagram of a typical label showing the standard format, an explanation of the USRDA, and specific tips on how to use labeling to get the most nutrition for the dollar. Nutrition educators may find this resource useful in explaining this subject to their audiences.

589-75
METRIC SYSTEM, NUTRITION LABELING.
FAO Nutr Newsletr 6 p. 1974.
TX341.F6 F6N
Metric system, Nutrients, Nutrition education, Nutritional labeling.
Abstract: This two part article discusses the history of the metric system and how its adoption in this country will affect the consumer. Nutrition labeling is illustrated and described.

590-75
THE NEW LANGUAGE OF LABELING.
National "Day of Bread" Committee
Chicago, National "Day of Bread" Committee 12 sided leaflet and 12 p. pamphlet lesson plan. [n.d.].
TS196.6.B32 F6N
Instructional aids, Instructional materials, Labeling, Nutritional labeling, Nutritional value.
Abstract: This booklet and accompanying lesson plan discuss the "new labels", what foods require them, what nutritional information is required on the label, what additional information may be stated and how this information can be used by the consumer. Attention is also given to basic nutrition including the Basic Four, nutrient classes, and specific nutrients, their function, source, and amounts required. The teacher lesson plans offer concepts and discussion topics, performance objectives for the student, suggested supplementary resources, and a student test. The material appears appropriate for upper intermediate and higher level students.

591-75
GUIDELINES FOR A NATIONAL NUTRITION POLICY STUDY.
National Nutrition Consortium, Inc.
Washington, D. C., GPO 7 p. May 1974.
HF26.5.N8 1974QA F6N

National Nutrition Consortium, Nutrition, Nutrition policy, Policy, Program planning.
Abstract: These guidelines for a national nutrition policy are presented in order to identify considerations important for effective government planning and program implementation in relating food and nutrition to the nation's health and to other national responsibilities. The need for and goals of such a policy are outlined and measures and specific programs proposed to meet these goals are suggested. The paper also includes plan requirements to effectively establish and complement this policy. Nutritionists and related health personnel who will be professionally affected by such a policy will find this paper of interest.

592-75
NATURALLY OCCURRING TOXICANTS IN FOODS.
Food Technol 29 (3): 67-72. Mar 1975.
389.8 F733@
Additives and adulterants, Food standards, Food-induced disorders, Food-related disorders, Foods, Toxicants.
Extract: It is not the purpose of this paper to raise alarm over the safety of natural foods, because it is obvious from human experience that most natural foods can be consumed with safety and equanimity in normal dietary amounts. The purpose is to point out that many potentially harmful substances are present in the diet without presenting a significant hazard to the eater, and that this applies equally to "natural" foods and to processed foods.

593-75
NUTRITION LABELING--TERMS YOU SHOULD KNOW.
FDA Consumer 8 p. Mar 1974.
HD9000.9.U5A1
Glossaries, Nutrients, Nutritional labeling, Recommended Dietary Allowances.
Abstract: A list of terms with definitions, which are useful for interpreting food information panels on packaging labels is supplied. A table listing the U.S. Recommended daily allowances of vitamins and minerals is supplied.

594-75
NUTRITION LABELING; TOOLS FOR ITS USE.
Betty Peterkin, Jennie Nichols, Cynthia Cromwell
U.S., Agricultural Research Service
Washington, D C 57 p. Apr 1975.
TS196.6.P4 F6@ (U.S. Agricultural Research Service. Agriculture Information Bulletin No. 382.)
Energy, Nutrient sources, Nutrient values, Nutrients, Nutritional labeling, Recommended Dietary Allowances.
Extract: This pamphlet is designed to help people use the nutrition information on food labels to check and improve their diets. It contains information that supplements the information on food labels, including: a table showing amounts of food energy (calories), supplied by 90% foods; a table showing the amounts of nutrients recommended for men, women, and children of different ages; lists of foods that are important sources of specific nutrients.

595-75
PROPOSED FORTIFICATION POLICY FOR CEREAL-GRAIN PRODUCTS.
Washington, National Academy of Sciences 36 p. 1974.
TX393.P7 D6@
Food and Nutrition Board, NAS/NRC, Fortification, Fortification agents, Fortified foods, Policy.
Abstract: This policy statement reviews previous cereal grain enrichment programs, examines current enrichment standards in view of today's changing food consumption patterns, food technology, marketing techniques, and known nutritional status of the population, and proposes a revised fortification policy to meet today's requirements. Recommended levels for fortification of cereal grain products are made for vitamin A, thiamin, riboflavin, niacin, vitamin B6, folic acid, iron, calcium, magnesium, and zinc. Specific problems in the fortification of corn products and rice are discussed. Specific recommendations are also made to study the technical feasibility of adding these nutrients, to monitor the effectiveness of such fortification, and to urge processors of wheat to refine flour no more than is required for consumer acceptance. Anyone involved in the field of nutrition will find this report of interest.

596-75
NATIONAL NUTRITION POLICY: NUTRITION AND SPECIAL GROUPS; A WORKING PAPER.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Freeman H Quimby, Cynthia B Chapman
Washington, GPO 182 p. May 1974.
KF26.5.N8 1974q F6@
Adolescents (12-19 years), American Indians, Elderly (65 + years), Ethnic groups, Handicapped children, Negroes, Nutrition policy, Nutritional status, Preschool children (2-5 years).
Abstract: This paper is a collection of comprehensive articles dealing with contemporary issues in food and nutrition judged to be useful for the needs of the Senate Select Committee on Nutrition and Human Needs. The articles cover the nutritional status of the American Indian, Blacks, migrant farm workers, preschool children, adolescents, the handicapped child, and the aged. This material is of particular interest to those involved in the nutritional care and the nutritional policy for these groups in the population.

597-75
SOYBURGERS USEFUL BUT MAY BE ABUSED.
CWI Weekly Rep 4 (43): 4. Oct 31, 1974.
TX341.C6 F6@
Ground beef, Hamburgers, Meat, Meat alternates, Meat products, Soybean products.
Abstract: This article discusses the standardization of soyburgers so that the consumer can purchase this product wisely. The two categories of "patties" established by the USDA are described. The "patties" will have to list actual percentages of ingredients. Regulations have also been proposed to inform the consumer when soy products are used in canned meat products. The food value of the hamburger-soy mixture is discussed including its protein quality, cholesterol, and saturated fat level. Suggestions for "home made" meat extended mixtures are also made. The information should interest those working in food service as well as the nutrition educator.

598-75
INTERIM REPORT OF THE FIRST TWO PHASES OF THE CRI/FDA NUTRITIONAL LABELING RESEARCH PROGRAM.
Raymond C Stokes, Rafael Haddock
Washington, D.C., Consumer Research Institute 224 p. Dec 1972.
TS196.6.S8 F6@
Consumers, Labeling, Nutrition education, Nutrition knowledge, Nutritional labeling.
Abstract: This program was developed to determine the best way to communicate nutritional values to the consumer for use in nutrition labeling. Results included a preferred system for portraying nutrition information, specific key nutrients to be listed, and consumer usage and purchase behavior reaction to nutrition labeling. Several questions significant to nutrition education were also included in the survey such as expression of consumer nutrition knowledge. Nutrition educators will find this report of interest.

599-75
UNITED STATES STANDARDS FOR GRADES OF PROCESSED FRUITS AND VEGETABLES AND CERTAIN OTHER PRODUCTS.
U.S., Agricultural Marketing Service
Washington, D.C. var. pag. Nov 1974.
TX537.U53 F6@
Canned foods, Food grades, Food quality, Fruits, Processed foods, Standards, Vegetables.
Extract: These standards for processed fruits and vegetables and related products are designed to help in marketing by providing a convenient basis for sales, for establishing quality control programs, and for determining loan values. They also serve as bases for grading these commodities by the Federal Inspection Service.

600-75
HANDLED WITH CARE; EGG PRODUCTS INSPECTION ACT.
U.S., Agricultural Marketing Service
Washington, D.C. unp. Nov 1974
TX556.E4A3 F6@ (U.S. Agricultural Marketing Service-ARS-56")
Eggs, Food grades, Food inspection, Food standards and legislation.
Abstract: In December, 1970, federal inspection of shell eggs and egg products became mandatory. This pamphlet discusses standards and the criteria by which eggs and egg products are graded. A list of regional offices is supplied.

601-75
COMPILATION OF THE NATIONAL SCHOOL LUNCH ACT AND THE CHILD NUTRITION ACT OF 1966 WITH RELATED PROVISIONS OF LAW AND AUTHORITIES FOR COMMODITIES DISTRIBUTION, 93RD CONGRESS, AND SESSION.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. 33 p. Dec 1974
KF26.5.N8 1974 F6@
Child nutrition programs, Commodities, Legislation, Milk programs, National School Lunch Program, School breakfast programs, Special Food Service Program for Children.
Abstract: This report provides current provisions of child nutrition legislation, including the National School Lunch Act, the Child Nutrition Act of 1966 withamendments, and sections covering authorities for commodities distribution.

602-75
H.R. 8270, HEARING, NINETY-THIRD CONGRESS, FIRST SESSION; TO AMEND THE NATIONAL SCHOOL LUNCH ACT.
U.S., Congress, House of Representatives, Committee on Education and Labor, General Subcommittee on Education
Washington, D.C., GPO 44 p. 1973.
KF27.E333 1973 F6@
Financial support, Legislation, School lunch programs, Surplus commodities.
Abstract: A hearing before the General Subcommittee on Education of the Committee on Education and Labor of the House of Representatives was held to ascertain if more money is necessary to keep the school lunch program functioning, since prices of foods have risen, and the amount of food available to the program through the surplus commodities program has been drastically cut, making the price per pupil for lunch higher.

603-75
NATIONAL NUTRITION POLICY STUDY--1974, HEARINGS, NINETY-THIRD CONGRESS, SECOND SESSION, PART 6A--APPENDIX TO NUTRITION AND HEALTH.

604-75

U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. P. 2685-3197. June 1974.
KF26.5.N8 1974H PT.6A FH
Cardiovascular disorders, Child nutrition, Dental health, Diabetes mellitus, Disorders, Nutrition, Policy, Pregnancy and nutrition, Special groups, diets.
Abstract: This report presents testimony by expert witnesses on various nutritional factors including: child nutrition, diseases, dental health, pregnancy and nutrition, cardiovascular disease, and diabetes. Suggestions for establishing policy in these areas are included.

605-75

NATIONAL NUTRITION POLICY STUDY--1974, HEARINGS, NINETY-THIRD CONGRESS, SECOND SESSION, PART 3A--APPENDIX TO NUTRITION AND SPECIAL GROUPS.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. P. 1071-1498. June 1974.
KF26.5.N8 1974H PT.3A FH
Child nutrition, Elderly (65 + years), Food economics, Food stamp programs, Low income groups, Migrant workers, National School Breakfast Program, National School Lunch Program, Nutrition.
Abstract: This report presents testimony by expert witnesses covering food stamps, the effects of rising food prices onlow income groups; nutrition of the elderly, the U.S. Population in general, and migrant workers; the development of poor people's food cooperatives; school feeding programs, including day care and summer feeding; the nutrition problem in Puerto Rico.

605-75

NATIONAL NUTRITION POLICY STUDY--1974, HEARINGS, NINETY-THIRD CONGRESS, SECOND SESSION, PART 2--NUTRITION AND THE INTERNATIONAL SITUATION.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. p. 771-824. June 1974.
KF26.5.N8 1974H PT.2 FH
Developing nations, Food production, Food supply, Nutrition, Policy, Population growth, World problems.
Abstract: Statements by expert witnesses concerning world problems cover many areas, including nutrition, population growth, fertilizers, food production and economics, and agricultural research. It is stressed that new nutrition policy objectives are needed.

606-75

NATIONAL NUTRITION POLICY STUDY--1974, HEARINGS, NINETY-THIRD CONGRESS, SECOND SESSION, PART 7--NUTRITION AND GOVERNMENT.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. P. 3199-3396. June 1974.
KF26.5.N8 1974H PT.7A FH
Federal government, Federal programs, Food economics, Food production, Food supply, Health, Nutrition policy, Nutrition programs.
Abstract: Testimony from expert witnesses is concerned with the role of the Federal government in nutrition policyand programs. Many areas are covered including: nutritionalsurveillance on a national level, disease prevention, manpower needs, nutrition education, research, and the training of physicians. Recommendations for implementing policy in these areas and others are included.

607-75

NATIONAL NUTRITION POLICY STUDY--1974, HEARINGS, NINETY-THIRD CONGRESS, SECOND SESSION, PART 6--NUTRITION AND HEALTH.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. P. 2493-2680. June 1974.
KF26.5.N8 1974H PT.6 FH
Alcoholism, Cancer, Cardiovascular disorders, Dental health, Health, Liver diseases, Nutrition, Obesity, Preventive nutrition.
Abstract: Testimony by expert witnesses is concerned with the role of nutritional factors in various disorders including cardiovascular diseases, dental health, obesity cancer, diabetes, alcoholism, and liver diseases. Recommendations for solution of these problems are contained in this report.

608-75

TOWARDS A NATIONAL NUTRITION POLICY--NUTRITION AND GOVERNMENT, 94TH CONGRESS, 1ST SESSION.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, U.S. Govt. Print. Off. 67 p. May 1975.
KF26.5.N8 1975g FSH
Federal programs, Food science, Government role, Nutrition education, Nutrition policy, Nutrition programs, Nutritional status, Planning.
Abstract: This report is concerned mainly with creation of a Federal Food and Nutrition Office, formalizing nutrition policy-making, and implementation of an efficient system of national nutrition surveillance.

609-75

U.S. REGULATIONS ON ENRICHED AND FORTIFIED CEREAL PRODUCTS.
Virgil O Wodicka
Cereal Foods World 20 (8): 197-198, 202. Apr 1975.
59.8 C332

Deficiency diseases and disorders, Enrichment, Food and Drug Administration, Fortification, Legislation, Nutrients, Nutritional labeling, Standards.
Abstracts: The history of regulatory action in nutrition and present status are reviewed. Attention is focused on nutrient content of enriched and fortified cereals and other foods and the difficulties encountered in establishing standards for nutritional quality.

# MANAGEMENT AND ADMINISTRATION

610-75

HEALTH ASPECTS OF THE SCHOOL LUNCH PROGRAM. 2d ed.
American Medical Association
Chicago, American Medical Association 36 p. 1962
WA642.A4 1962 FSH
Food sanitation, Menu planning, School lunch programs.
Bibliography: p. 28-34.
Abstract: A planned program of health education related to nutrition and food use that will provide immediate guidance and encourage continuing interest in health practices is justification for a lunch program at school. Sanitation standards should be high and well-executed for the school lunch program, and efforts should be made to increase home--school cooperation and to strengthen pupil--teacher-parent--community relationships.

611-75

AUTUMN PLAYERS APPEAR AT MARYLAND NUTRITION CENTERS.
Aging nos. 239-240: 11. Sept/Oct 1974.
HV1451.A136 FSH
Adults, Elderly (65 + years), Maryland, Nutrition programs, Senior centers.
Abstract: This article describes a unique theatrical group, with its members all over 65, who have presented plays at three Baltimore nutrition sites. The players exist to involve senior citizens in cultural projects and also to demonstrate to the public the continuing capabilities of older persons. At the nutrition sites improvised plays are staged involving audience participation. Nutritionists and others working with senior citizens may find this report of interest.

612-75

THE "ATE" THEORY OF PRODUCTIVITY.
Don Avalier
Food Prod 72 (2): 80-82. Feb 1973.
389.2538 F62
Automation, Educational programs, Food service industry, Food service management, Food service workers, Motivation, Performance, Productivity.
Abstract: This program for increasing employee performance and productivity involves four elements: education, delegation, motivation, and automation. The effects of each of these factors are described.

613-75

BE A GOOD MANAGER FOR THE SCHOOL LUNCH TEAM!
Type A Topics 8 p. Oct 1974.
TX341.T9 FSH
Decision making, Food cost, Food service management, Industrial relations, Personnel management, Planning, Productivity, School food service.
Abstract: The requirements for a good management program are described and include the human relations area: employee recognition, instilling a sense of accomplishment and belonging, and development of skills. Also covered are food cost factors, employee performance, and decision making.

614-75

MANAGING BEHAVIOR.
Jerome Berkman
Food Management 10 (2): 23-24. Feb 1975.
TX341.F69
Attitudes, Behavior, Hospital food service, Job satisfaction, Management philosophies, Motivation, Personnel management
Abstract: Several theories of motivation are discussed as related to employee behavior. But, in the end, each manager must select that method which works best with individual workers.

615-75

THE BIG $4 BILLION RACE.
Food Management 10 (3): 38-40, 83. Mar 1975.
TX341.F69
Commercial food service, Contract feeding, Food service management, Institutional feeding, Profit.
Abstract: The economics and business tactics of large and small contract service companies specializing in institutional food service are described. At present some 6100 companies compete for business in this area.

616-75
FROM MOLDING PATTERNS TO FREE FLIGHT: RELEASING CREATIVE POTENTIAL
Angelo M Bisadi
Cereal Foods World 20 (3): 120-123, 125-127. Mar 1975.
54.8 C333
Attitudes, Behavior, Problem solving.
Abstract: Creative problem solving depends on following five basic steps: fact-finding, problem-finding, ideafinding, solution-finding, and acceptance-finding. Each step is defined and explained in detail and examples are supplied. Attitude plays an important role in successful problem solving.

617-75
THE SUPERVISOR'S RESPONSIBILITY IN THE ADMINISTRATION OF DISCIPLINE.
James H Black
Smithmore, Assignments in Management, Inc. map., 3" x 5" booklet. 1972.
HF5549.B53 P8M
Administrator responsibility, Employee responsibility, Industrial relations, Responsibility, Supervision, Supervisors.
Extract: To survive and prosper an organization must have rules of discipline and these rules should be almost selfenforcing. If such rules are disregarded or alien to the persons to whom they are supposed to apply, cooperative group activity is impossible. The problem is that often workers and, indeed, some managers, tend to think of discipline in its narrow or punitive sense. Actually, when punishment is applied to a person for breaking a rule or committing an offense, the purpose of the penalty is to restore him to the discipline of the organization, not to punish him merely for the sake of punishment.

618-75
AN OVERVIEW OF THE GRID.
Robert R Blake, Jane Mouton
Training Dev J 29 (5): 29-37. May 1975.
BF636.77
Communication (Thought transfer), Industrial relations, Management, Management philosophies, Models, Personnel management, Productivity, Simulation.
Extract: The Grid identifies two concerns: people and production. It does so in a way that enables a person to see how the two concerns interact. Various "theories" are found at points of intersection of the two scales. Whether he or she realizes it or not, these are theories that different managers use when they think about how to get results through people.

619-75
MEASURING PRODUCTIVITY: ANALYSIS OF CURRENT MEASUREMENT SYSTEMS: THE SECOND STEP.
Frank D Borsenik
Fast Food 72 (2): 77-79. Feb 1973.
389.2538 F82
Food service industry, Food service workers, Performance, Productivity, Profit, Work sampling.
Abstract: Problems inherent in present methods to determine productivity are discussed and examples of misleading analytic results are given.

620-75
MANAGEMENT VS. LABOR; LABOR VS. MANAGEMENT.
Donna Boss
Food Management 10 (2): 36-43, 72-78. Feb 1975.
TX341.F69
Food service industry, Food service workers, Industrial relations, Management, Management philosophies, Productivity.
Abstract: The demands of labor for more pay and job security and the demand of management: greater productivity are discussed in terms of the problem within the foodservice industry.

621-75
YOUTH VS MANAGEMENT: HOW TO BRIDGE THE GENERATION GAP: PART1.
Robert Buchanan
Food Serv 37 (2): 58-66. Feb 1975.
389.2538 F732
Attitudes, Behavior, Business education, Career choice, College students, Personnel management.
Extract: This the introductory chapter of a three-part series on an original research study. The study offers some answers to this thought-provoking question: "considering the value systems of today's talented young people, does the food service industry provide an environment in which these values are respected and where new lifestyle goals can be achieved?".

622-75
YOUTH VS MANAGEMENT: HOW TO BRIDGE THE GENERATION GAP: PART2.
Robert D Buchanan
Food Serv 37 (3): 59-66. Mar 1975.
389.2538 F732
Academic achievement, Careers, Food service industry, Food service management, Food service occupations, Motivation, Wages.
Extract: How does contemporary youth respond to the food service environment as a place of employment? In this second chapter of a three-part series, the author covers major areas of concern, ranging from salary expectations to attitudes toward ecological responsibility.

623-75
YOUTH VS. MANAGEMENT: HOW TO BRIDGE THE GENERATION GAP: PAR T 3.
Robert D Buchanan
Food Serv Mark 37 (5): 50-54. Apr 1975.
389.2538 F732
Attitudes, Careers, Food service industry, Food service training, Job satisfaction, Motivation, Personnel management
Extract: This final report on a special research study conducted through the RBI Department of Purdue University presents conclusions drawn from the study and offers concrete suggestions to management in its attempts to "bridge the generation gap".

624-75
FEEDBACK AND OBJECTIVES.
James R Butterworth
Training Dev J 29 (1): 46-47. Jan 1975.
BF636.77
Communication (Thought transfer), Feedback, Industrial relations, Motivation, Objectives, Performance, Personnel management, Productivity.
Abstract: Suggestions are given for going beyond the concept of increased employee productivity by inclusion of a new employee related rationale. Objectives should produce feedback and this can be used to motivate employees and effect reductions in turnover. Management's role in this concept is discussed.

625-75
CONVENIENCE CONVERSION IN COLLEGE FOOD SERVICE.
Food Serv Mark 36 (12): 42-46. Dec 1974.
389.2538 F732
College food service, Convenience foods, Cycle menu, Food preparation, Food sanitation, Food storage, Frozen foods, Student participation.
Extract: At the State University of New York at Oswego, food service was recently converted to a convenience system. Use of pre-prepared foods and self-service has paid off: labor costs have gone down, while services and menus have expanded

626-75
CORPORATE MANAGEMENT: SUCCESS FOR SCHOOL LUNCH MANAGEMENT.
Modern Schools p. 10-11. Jan 1975.
LB3209.M6
Contract feeding, Illinois, Management, School food service, School lunch, School lunch programs, Student participation
Extract: With education of children a multi-billion dollar industry accountable to stockholders--the taxpayers--the Joliet School System applied corporate management techniques to assure the success of its food service program.

627-75
AT THE END OF THE RAINBOW, A BALANCED DIET.
Mary Beth Crimmins
School Mgt 18 (6): 12, 15. June/July 1974.
LB3011.S35 P8M
Catering, Cost effectiveness, Food service management, Nutrition education, School lunch programs, Student participation, Type A lunch.
Extract: The need for some means of dramatizing a nutritious lunch program became apparent as poor eating habits, especially of teenagers, increased the incidence of malnutrition in both developing and affluent areas of this country. The trend was evidence that the traditional efforts of nutrition education had been a failure. Education programs that simply convey information instead of tying in directly with the food service itself are doomed to fail. AFA food services, which manages lunch programs for over 70 school systems in 13 states, has developed a method that dramatizes the ingredients of a Type A lunch in order to increase its acceptance among students who would otherwise go the soda and potato chips route, as a result, participation in the lunch program among students of junior and senior high school age has almost doubled.

628-75
HANDLING THE ALCOHOLIC EMPLOYEE.
Paul W Cunnings
Training Dev J 29 (2): 42-44. Feb 1975.
BF636.77
Alcoholism, Performance, Personnel policy, Productivity, Supervisors, Training.
Abstract: The line supervisor's approach to handling employee alcoholism is discussed and an outline for a training program is given. The outline defines six points: policy and responsibilities, administration, procedures, personnel administration, the supervisors role, and the role of training in dealing with the alcoholic employee.

629-75
MANAGEMENT METHODS APPLIED TO LUNCH PROGRAM.
Kenneth R Davidson
School Mgt 18 (6): 13-15. June/July 1974.
LB3011.S35 P8M
Cost effectiveness, Food service management, Management systems, School food service, Student participation.
Extract: The need for an upgraded food service program became apparent in 1971 when the Joliet, Illinois school system, like school systems throughout Illinois, was required to serve lunches to needy children in all of its schools. Until that time, lunches had been served only in the four junior high schools, the only schools that had kitchen facilities. The administration responded with a plan that increased student

629-75

Participation in the school lunch program, turned finances around from deficit to reserve status, and upgraded the quality of food served. The food management system was so successful, in fact, that the controls developed to manage it have recently been adopted as standard operating procedure in the overall school system.

630-75
DOES YOUR ORGANIZATION NEED A CAREER-DEVELOPMENT SYSTEM?
Food Serv 37 (3): 39. Mar 1975.
389.2538 F732
Attitudes, Career ladders, Industrial relations, Motivation, Productivity, Wages.
Extract: The first step in determining the need for a career-development system is to analyze the structure of the organization: the way it functions. An organization chart will show structure, i.e., the relationship of jobs as they currently exist. A promotional pattern chart will show how an organization functions from a career-development point of view. It will show how employees move from one job to another as they progress upward in an organization.

631-75
MANAGING A PICKLE MARKET.
Kent Dohrman
Food Management 10 (5): 27-28. May 1975.
TX341.F69
College food service, Economics, Industrial relations, Management.
Abstract: This article treats the economics of college and university food service. Discussions on preparation of budgets, predicting costs and balancing related food service, and facing employee demands. Despite all the problems, a fine year is predicted.

632-75
EMPLOYEE TURNOVER AND YOUR CAREER-DEVELOPMENT SYSTEM.
Food Serv Mark 37 (4): 48. Apr 1975.
389.2538 F732
Career education, Career ladders, Food service industry, Industrial relations, Personnel management.
Abstract: A technique for analyzing turnover is presented. A method for determining the rate of turnover is supplied, and a discussion of the reasons for compiling data is included.

633-75
ENERGY MANAGEMENT: KEY TO KITCHEN EFFICIENCY.
Modern Schools p. 4-6. Jan 1975.
LB3209.M6
Convenience foods, Cooking equipment (Large), Energy crisis, Equipment, Kitchens, Refrigeration, Sanitation, School food service.
Extract: The key to economy in the school kitchen and cafeteria is efficient energy management. To get the most out of the energy that is used, here are several basic ideas that can be beneficial in your school lunch program.

634-75
THE SUPERVISOR--A FUNCTIONING MANAGER!
Marion E Faulkner
Training Dev J 29 (2): 10-14. Feb 1975.
HF5636.T7
Attitudes, Feedback, Industrial relations, Management, Morale, Motivation, Productivity, Supervisors, Training.
Extract: The development of supervisors in many southern industries is hindered by the age-old assumptions of people developed in the agricultural south--where the plantation owner was never to be questioned, but always to be obeyed. The resulting autocratic approach to management of organizations and people at work has been carried over into the industrialization of the South. The typical southern industrial organizational structure is still activity oriented and lower management is not geared for achievement of desired results.

635-75
WHAT MOTIVATES PEOPLE TO MANAGE?
Mortimer R Feinberg
Restaurant Bus 74 (2): 21. Feb 1975.
389.2538 R82
Attitudes, Behavior, Management, Motivation, Psychological aspects, Responsibility.
Abstract: Six components in management motivation are listed and include: a competitive attitude; a favorable attitude towards authority; an assertive, take-charge personality; desire to exercise authority; desire to be unique; responsibility.

636-75
MANAGEMENT PSYCHOLOGY: BRACING FOR EMPLOYEE DISCONTENT.
Mortimer R Feinberg
Restaurant Bus 74 (3): 27. Mar 1975.
389.2538 R82
Attitudes, Behavior, Grievance procedures, Industrial relations, Personnel management, Personnel policy.
Abstract: The current recession will not create an attitude of employee submissiveness. Management can expect labor militancy and a greater number of grievances filed. Policies and practices related to these problems should be discussed and refined. Information flow on business conditions, employee benefits, and economic factors affecting the organization should be increased.

637-75
FINDING A BETTER WAY.
Type A Topics p. 1-3. Mar 1975.
TX341.T9 F88
Food service management, Job satisfaction, Planning, Productivity, School food service, Work simplification.
Extract: Work simplification is the process of making a job easier through the proper use of the human body, the arrangement of the work area, and the design of the tools and equipment. It is the organized use of common sense to find easier and better ways of doing work. Work simplification involves creative thinking, continuous searches for a better way to do the job, and planning.

638-75
FISH AND SEAFOOD: PLENTIFUL PRODUCTS FOR ALL MARKETS.
Food Serv 37 (1): 26-28. Jan 1975.
389.2538 F732
Fish, Food supply, Frozen foods, Merchandising, Nutrition education, Recipes, Seafood.
Extract: Economic indicators point to a favorable fish and seafood cost/supply situation for 1975. Concurrent with this is a noticeable increase in consumer interest in fish and seafood menu items. This is due to a number of reasons, including increased nutrition awareness, attention to caloric intake, and exposure to new fish and seafood appetizer and entree forms.

639-75
IMPROVING FOOD SERVICE PRODUCTIVITY.
John F Freshwater, Errol F Bragg
Cornell Hotel Restaurant Admin Quarterly 15 (4): 12-18. Feb 1975.
TX901.C67
Cafeterias, Food service industry, Food service workers, Motivation, Performance, Performance criteria, Productivity, Restaurants, Training.
Extract: This article describes methods of measuring productivity and summarizes four labor productivity research studies conducted in commercial food service establishments.

640-75
WORK SAMPLING: EVALUATE LABOR PERFORMANCE IN RESTAURANTS; THE FIRST STEP.
John F Freshwater
Fast Food 72 (2): 72-76. Feb 1973.
389.2538 F82
Food service workers, Performance, Productivity, Restaurants, Work flow, Work sampling.
Abstract: A method for evaluation includes the following steps: 1) summarize daily the actual manhours worked in each department; 2) obtain a daily customer count; 3) calculate the actual manhours per 100 customers; 4) determine the actual work percentage; 5) determine the accuracy requirements for the actual work percentage; 6) calculate the standard man-hours per 100 customers.

641-75
GALLUP SHOWS PATTERNS IN COFFEE PREFERENCES.
Food Serv Mark 36 (12): 34-35. Dec 1974.
389.2538 F732
Coffee, Consumer economics, Food preferences, Food preparation, Snacks.
Abstract: Preferences are described by region, nationally, by sex, by age group, and by size of community. It is emphasized that coffee quality can color the patrons overall estimate of the restaurant.

642-75
PRACTICE ZERO DEFECTS IN THE FOOD SERVICE INDUSTRY.
Leon Gottlieb
Fast Food 72 (2): 48-56. Feb 1973.
389.2538 F82
Ability, Attitudes, Food service industry, Food service management, Food service workers, Motivation, On the job training, Performance, Standards.
Extract: Simply stated, the principle of achieving zero defects comes through performance improvement, dedication, and recognition. It comes when management and employees alike participate in goal setting, wherein the highest quality products and services are produced with the least possible waste and in the most efficient manner.

643-75
WHEN IS A PROFIT NOT A PROFIT?
Leon Gottlieb
Restaurant Bus 74 (2): 54, 152-156. Feb 1975.
389.2538 R82
Costs, Food service industry, Management, Operating expenses, Profit.
Abstract: The difference between gross and net profit from food service operations is discussed. The problem of substitution is described as a major cause of low profits.

644-75
WHERE OD AND MBO MEET.
Ellis D Hillmar
Training Dev J 29 (4): 34-38. Apr 1975.
HF5636.T7
Industrial relations, Management, Models, Objectives, Planning.
Extract: Many practitioners, consultants and students of both

organization development (OD) and management by objectives (MBO) perceive them as separate and distinct technologies. This article examines the confluence of these major forces in the ever-changing world of today's organization.

645-75
STEAM: COMBATING THE ENERGY/FOOD CRUNCH.
J Harrison Bolsan
Sch Foodserv J 29 (1): 33-46. Jan 1975.
389.8 SC86
Conservation, Food preparation waste, Food waste, School food service, Steaming.
Extract: In a recent study, reducing product waste and conserving kitchen energy were cited by school foodservice directors as specific ways to combat the food/energy pinch. Historically, reducing wastes and conserving energy have been accomplished by using the most efficient means of cooking known to man--steam.

646-75
IVRA SILVER PLATE: LEN FREDERICK, CLARK COUNTY SCHOOL DISTRICT.
Food Management 10 (5): 42-45, 82. May 1975.
TX341.F69
Cafeterias, Innovation, Merchandising, Nevada, School food service, School lunch, Student participation.
Abstract: Innovation and a businessman's approach are the keys to the success of this award winner's program in Las Vegas school cafeterias.

647-75
WHO CAN'T USE LOWER COST AND HIGHER QUALITY?
William L Kahrl
Instit/vol Feeding 75 (5): 19-20. Mar 1975.
TX1.I55
Convenience foods, Food cost, Food preparation, Food quality, Food service management.
Abstract: Consumer acceptance, quality, and cost of convenience foods are the topics of this defense, each area is discussed in terms of misconceptions and the actual case. Mishandling of convenience can cause losses; directions should be followed closely.

648-75
MANAGEMENT MANUAL.
Kansas, State Dept of Education, School Food Services Section
Topeka, Kansas 28 p. 1975.
HD31.K33 F6W
Economics, Equipment, Food preparation, Food service management, Food service workers, Personnel management, Sanitation, Work simplification.
Abstract: This food service management manual treats manpower, materials, machines, money, time, and methodology using a concept--objective--generalization format. An appendix supplies hints on work saving, food preparation, and sanitation. A list of materials resources is included.

649-75
THE HIGH COST OF LABOR.
James Keiser
Food Management 10 (2): 48-51, 76. Feb 1975.
TX341.F69
Attitudes, Behavior, Convenience foods, Food service workers, Job satisfaction, Labor economics, Productivity, Wages.
Extract: Labor costs, traditionally in foodservice operations, have been second in importance to food costs. The situation has now changed dramatically. Labor is becoming the major cost item--and usually the major problem. There is every indication labor costs will continue to rise. The constant demand by labor organizations in other industries will automatically force wage increases in the foodservice industry. Minimum wage laws in the food industry, as in other industries, will continue to increase the wages of both union and nonunion workers. The shortage of skilled help will encourage competent people to demand a premium for their services.

650-75
MANAGING BY OBJECTIVES: AN OPERATING GUIDE TO FASTER AND MORE PROFITABLE RESULTS.
Paul Mali
New York, Wiley-Interscience 318 p. 1972.
HD31.M3 F6W
Management, Management development, Management education, Management systems, Motivation, Objectives, Performance, Planning.
Extract: Drawn from the author's experiences, this book is intended to accomplish several objectives: first, to set down in one place the fundamentals, principles, and procedures for a clear understanding of the concept of managing by objectives, its benefits, and its various applications; second, to serve as a practical operating guide for those who wish to introduce and develop the concept as a management system in their organization; third, to give additional insight and alternative techniques to those individuals already practicing managing by objectives but who wish to refine their skill; fourth, to assist as a text and resource in business schools, training programs, and management seminars whose purpose is management development and skills improvement; fifth, to offer food for thought to those practitioners who are not yet convinced or committed to managing by objectives as a way of life.

651-75
THE DIETITIAN AND COST CONTROL IN FOOD SERVICE ADMINISTRATION
Jocelyn E Marshall
Food Nutr Notes Rev 31 (9, 10): 210-217. Sept/Oct 1974.
389.9 AU73
Dietitians, Food cost, Hospital food service, Institutional administration, New Zealand, Recordkeeping.
Extract: A dietitian whose duties include food service administration occupies a unique place in the hospital complex. She is an accepted part of the medical team in the ward situation. She is primarily concerned with the nutritional need of each and every patient. By using her specialized knowledge of the effects of altering the processes involved in food production she is able more effectively to decide the priorities and control the cost while retaining the maximum nutritional benefit.

652-75
ENERGY MANAGEMENT AND ENERGY CONSERVATION PRACTICES FOR THE RESTAURANT INDUSTRY.
Midwest Research Institute
Chicago, Illinois 39 p. Dec 1974.
TX911.3.M385 F6W
Economic influences, Energy crisis, Food service industry, Food service management, Planning.
Extract: The purpose of this final report is to present an in-depth analysis of energy conservation methods for guidelines now being implemented in the restaurant industry, and to discuss example energy savings realized and energy management plans which are representative of the ongoing energy conservation programs.

653-75
MANAGING TIME.
P C Morton
Cereal Foods World 20 (3): 128-129, 139. Mar 1975.
59.8 C333
Communication (Thought transfer), Management, Management development, Meetings, Performance, Planning, Time management.
Extract: The management of time is an important objective. The planning and control of time should be a fundamental element in almost every management development program. Planning should increase the effective utilization of time by identifying priorities and allocating time as needed.

654-75
QUALITY BEEF; THERE'S NOTHING FINER.
James R Myers
Cooking for Profit 44 (291): 32-36, 60. Mar 1975.
TX901.C65
Beef, Food cost, Food quality, Meat cuts, Meat grades.
Abstract: The popularity of various beef entrees is tabulated and a table showing retail prices is included. A chart shows the cooking temperatures used by restaurants, hotels, clubs, and chains. Emphasis, despite rising costs and shortages, will continue to be on quality beef in commercial food service.

655-75
THE TIME GAME (FILM LOOP).
National Educational Media, Inc.
Sherman Oaks, Calif. 1 cassette, Super 8mm, sd., col., 15 min. 1975.
HF5549.5.T5T5 F6W AV
Management, Management development, Management philosophies, Planning, Scheduling.
For use in Fairchild cassette projector.
Abstract: The problems of managers are dramatized through the medium of a card game. Time is shown to be the single most critical management factor in success or failure. Techniques used by successful managers include using a personal time log (which is reviewed periodically); determining why crises occur, thus thwarting them; devoting less time to people problems (training may be an answer here); and planning use of time rather than planning work.

656-75
BUILDING PROFITS THROUGH MENU DESIGN.
Dennis O'Sullivan
Fast Food 71 (6): 80-91. June 1972.
389.2538 F82
Food service industry, Menu design, Profit, Restaurants.
Extract: By taking a cue from successful retail store merchandising techniques, restaurant operators can design their menus to yield more sales per customer. High profit or loss leader and impulse items are placed where the customer is likely to see them: at eye level. Place your menu items in the same way. High profit entrees should be the first thing your customer notices.

657-75
ABSENTEEISM; YOU CAN CONTROL IT.
P & IE Systems
Lexington, Ky., P & IE Systems 36 p 1974.
HD5115.A2 F6W
Behavior, Employee responsibility, Personnel management, Work attitudes, Working women.
Extract: Absenteeism can be solved by a system known as ASDCM. The letters identifying this system represent the following system highlights: assessing the problem, setting an objective, developing a plan, controlling the performance, and measuring the results.

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658-75

658-75
PROBLEM: HOW TO SAVE $190,000; SOLUTION: STANDARDIZED RECIPES AND PORTION CONTROL'S.
Food Management 10 (6): 67., June 1975.
TX341.F69
Cooking equipment (Large), Economics, Florida, Food preparation, Food waste, Hospital food service, Portion control, Standardized recipes.
Abstract: A Jacksonville, Florida hospital's food waste problem was solved by the introduction of standardized recipes and portion control. Since 1500 meals are served each day, the savings were substantial.

659-75
QUICK--TELL ME HOW TO BUY...
Amer School Board J 162 (5): 29. May 1975.
LB2831.A4 F8S
Food cost, Food packaging, Food preparation, Food quality, Food waste, Satellite, School food service, Student participation.
Extract: An integral part of any food service analysis is a needs survey, which can tell you the components of your system that need either alteration or complete change. The basic needs survey is conducted in three areas (people, equipment, and money).

660-75
RECORDKEEPING BASICS: MAKING RECORDS WORK FOR YOU.
Type A Topics 4 p. Dec 1973.
TX341.T9 F8S
Food service management, Holiday foods, Menu planning, Record-Keeping, School food service.
Abstract: Suggestions for keeping good records in school food service management are given. Three requirements for useful records are supplied: correctness, accuracy, and periodic analysis. A short section on holiday foods and menus is included.

661-75
EFFECTIVE COMMUNICATION FOR TODAY'S MANAGER.
James G Robbins, Barbara S Jones
New York, Chain Store Age Books 239 p. 1974.
HF5549.5.C686 F8S
Communication (Thought transfer), Communication skills, Industrial relations, Information dissemination, Management, Management development, Nonverbal communication.
Extract: The problems in verbal transfer of information are discussed and many examples supplied. The basic thrust of the book is towards retail store managers and their relations with employees and customers, but are applicable to many other life situations. Among the areas covered in detail are person--person communication, messages, non-verbal transfer, feedback and understanding, interviews, meetings, and problem solving. The problems of intralevel communication are also discussed.

662-75
MANAGER WANTED (MOTION PICTURE).
Roundtable Films, Inc.
Beverly Hills, Calif. 30 min., sd., color, 16mm. 1963.
HD31.M32 M8S AV
Behavior, Management development, Personnel management, Psychological aspects, Self concept, Training.
With discussion leader's guide.
Abstract: This film dramatizes the management growth process. The thoughts, feelings, and reactions of people at three different levels of management are examined. A promotion open to the junior manager precipitates a situation--he refuses advancement, fearing that he is not ready for added responsibility. This results in a re-evaluation of the training methods used by the senior managers. Major deficiencies rest in work environment and the potential for personal development.

663-75
TRAINS A'PLENTY BOSS; PART 2: THE CORRECT WAY OF CORRECTING (MOTION PICTURE).
Roundtable Films, Inc.
Beverly Hills, Calif. 25 min. sd. color. 16 mm. 1973.
HF5549.T43 PT. 2 F8S AV
Attitudes, Behavior, Management, Motivation, Psychological aspects, Self concept, Supervision.
With discussion leader's guide.
Abstract: Using a Western setting, this dramatization of work situations on a ranch describes the problems of the owner (a widow) and her foreman in dealing with the ranch hand. The cook acts as a foil and tells the foreman that he is having trouble because of his disregard for the feelings of the hands. The owner, too, discusses her problems with the cook and receives good advice. Critical situations are reprised for discussion purposes.

664-75
THAT'S NOT MY JOB (MOTION PICTURE).
Roundtable Films, Inc.
Beverly Hills, Calif. 30 min., sd., color, 16mm. 1966.
HF5549.T42 F8S AV
Behavior, Individual characteristics, Job analysis, Job training, Personnel management, Psychological aspects.
With discussion leader's guide.
Abstract: The plight of an "eager beaver" invoice clerk is dramatized. He is called down by the manager for overstepping his responsibilities and, as a result, reverses his attitude and refuses to help other workers during stress work situations. The manager calls him in again and describes the interaction and interdependence of jobs in the department. The clerk gains insight into his work role and is able to attain a middle ground in his attitudes towards his job boundaries and to other workers and their work domains.

665-75
TRAINS A'PLENTY BOSS; PART 1: THE REWARDS OF REWARDING (MOTION PICTURE).
Roundtable Productions, Inc.
Beverly Hills, Calif. 25 min. sd. color. 16 mm. 1973
HF5549.T43 PT. 1 F8S AV
Attitudes, Behavior, Management, Psychological aspects, Self concept, Supervision.
With discussion leader's guide.
Abstract: This dramatization has a Western setting and describes work situations on a ranch. The owner (a widow) and the foreman tend towards harshness in their treatment of employees and of each other. The cookacts as the foil and gradually mellows both to a point where they can openly express their appreciation to the ranch hands for their hard work. The key situations are reprised at the end for discussion purposes.

666-75
THE ART OF FIRING.
Wilbert E Scheer
Restaurant Bus 74 (5): 138-144. May 1975.
389.2538 F82
Employee responsibility, Food service training, Food service workers, Industrial relations, Job termination, Personnel management, Unemployed.
Extract: Since the act of firing is of major importance to both the employee and the employer, it is imperative that it be done with tact, discretion, and sincerity of purpose. Because there is always the possibility of untoward repercussions and ramifications, it is vital that it be thoroughly contemplated and skillfully executed.

667-75
WHAT WORK MEANS TO PEOPLE.
Wilbert E Scheer
Restaurant Bus 74 (4): 96-101. Apr 1975.
389.2538 F82
Cultural factors, Job satisfaction, Personnel management, Psychological aspects, Socioeconomic influences, Work attitudes.
Extract: Management insight into the basic human needs is the discovery that work is not only an economic good but also a psychological necessity. Sigmund Freud called work man's strongest tie to reality. It is our most effective way of relating ourselves to the world, finding out what we can do and where we belong, of being somebody and meaning something to others and to ourselves.

668-75
SEVENTY-FOUR WAYS TO CUT COSTS IN YOUR SCHOOL DISTRICT.
Amer School Board J 162 (5): 27-35. May 1975.
LB2831.A4 F8S
Budgeting, Central Kitchen, Economics, Expenditures, Food purchasing, Satellite, School food service, Student participation.
Abstract: This is a list of budget-pruning suggestions which is subdivided in four columns: What to do; How it works; How you'll save; The consequences. One section is devoted to food service programs.

669-75
THE MARKETING OF PROTEIN FOODS.
Philip Singer
League Int Food Educ p. 1-9. Jan 1975.
TX341.I4 F6S
Cultural factors, Food beliefs, Food habits, Food symbolism, Health beliefs, Marketing, Proteins.
Abstract: this excerpt discusses alteration of cultural behavior. The program and product must either coincide with existing patterns or inducements offered to support a change in attitude. Several possibilities are discussed which can be used to channel cultural patterns.

670-75
STAY ONE STEP AHEAD WITH DAILY WORK SCHEDULES.
Type A Topics 4 p. Feb 1975.
TX341.T9 F8S
Food cost, Food service management, Industrial relations, Planning, Productivity, School food service, Work flow.
Extract: Work schedules detailing specific duties to be performed by individual workers can be valuable management tools to you in the areas of personnel management and food production. Effective workload schedules assure that no part of the meal is overlooked, the meal is prepared in an efficient manner, and work is evenly distributed. A work schedule provides techniques to improve work and a method to obtain better cooperation among employees.

671-75
A TRUST WALK BUILDS RAPPORT.
William D Steeples
Training 12 (4): 48-49. Apr 1975.
HF1101.T7 F8S
Industrial relations, Personnel management, Sensitivity training.
Abstract: Derived from sensitivity training, the trust walk

involves a leader and a blindfolded follower. Sensations of the follower are described as trust in the leader develops. The relationships of supervisor and supervised are discussed in light of this experience.

672-75
THE BEGINNING (MOTION PICTURE).
Stephen Romanow Productions
Santa Monica, Calif. 4.5 min., si., col., 16 mm. [n.d.].
HM101.B4 F6W AV
Creativity, Discussion (Teaching technique), Innovation, Meetings.
Abstract: this short animated film is intended as an opener for meetings. One person creates a beginning--uses a new idea--and its success gives former skeptics a chance to try it too.

673-75
SUGAR: BEATING THE BITTER FACTS.
Sch Foodserv J 29 (3): 41-44. Mar 1975.
389.8 SCH6
Food cost, School food service, Sugar, Sugar substitutes.
Extract: As the American consumers in general, school foodservice people are facing the bitter facts about high sugar prices--only 100-fold worse. Undaunted and as innovative as ever, school foodservicers are meeting yet another challenge.

674-75
TO CONSERVE ENERGY: AUDIT YOUR BILLS: PART 2.
Restaurant Bus 74 (2): 56. Feb 1975.
389.2538 F82
Accounting, Audits, Costs, Electricity, Energy crisis, Food service industry, Operating expenses.
Extract: An audit will help determine how much your are paying versus how much you should pay. There are two ways to tackle the auditing of utility bills: do them within your own operation, or hire an outside consultant. Consultants claim awareness of all the legal ins and outs, loopholes, and riders that might save you money. In addition, because utilities vary according to geography, consultants are aware of differences between utility companies throughout the country.

675-75
MARKETING FOOD TO THE CONSUMER, PART I: PRINCIPLES OF MARKETING PLANNING (FILMSTRIP/TAPE).
United Nations, Food and Agriculture Organization
Rome, Food and Agriculture Organization 1 filmstrip, 77 fr., sd., 35mm, col., 1 reel tape. [n.d.].
HD9006.M3 PT. 1 F6W AV
Distributive education, Marketing, Merchandise information, Merchandising, Training techniques.
Abstract: This filmstrip, designed for use in training marketing managers, promotion campaign managers and nutrition program executives, demonstrates general principles of consumer marketing. It emphasizes the importance for marketers to understand the needs, values, and behaviors of the consumer in order to be successful. Proper planning is key with clear objectives, plans for pricing, profitability, advertising, distribution, and research necessary. Those involved in the marketing of food as well as in the marketing of nutrition education programs would find this approach of interest.

676-75
MARKETING FOOD TO THE CONSUMER, PART II: A CASE STUDY IN MARKETING (FILMSTRIP/TAPE).
United Nations, Food and Agriculture Organization
Rome, Food and Agriculture Organization 1 filmstrip, 107 fr., sd., 35mm, col., 1 reel tape.. [n.d.].
HD9006.M3 PT. 2 F6W AV
Distributive education, Marketing, Merchandise information, Merchandising, Training techniques.
Abstract: This filmstrip demonstrates the problems of decision-making in marketing foods to consumers through a case study in such planning involving the marketing of a new protein-fortified soft drink. The consumer group to be reached is identified and product development and marketing is examined from the standpoint of a nutrition and health professional and a professional in marketing. Various steps in the process are identified in this example, such as type of beverage, package design, product name, distribution, sales outlets, price, promotion, use of media etc. Those involved in the marketing of food as well as in communication through nutrition education programs will find this filmstrip of interest.

677-75
COMMUNICATIONS--FEELINGS VS. WORDS.
Joseph Walker
Cereal Foods World 20 (3): 133-135. Mar 1975.
59.8 C333
Behavior, Communication (Thought transfer), Management, Performance, Psychological aspects, Self concept.
Abstract: Communication problems in work situations can improve be observing basic rules: identifying with people; being attentive and responsive; finding out what others want; being courageous in being yourself and paying attention to the other person's response, which results in influencing and being influenced.

678-75
EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT WORK SAMPLING.
John M Welch, George Hockenberry
Sch Foodserv J 29 (1): 71-77. Jan 1975.
389.8 SCH6
Employee responsibility, Management, Productivity, Work sampling.
Extract: This is a step-by-step, do-it-yourself guide to work sampling, answers all your questions about what work sampling is, and how it should be conducted.

679-75
BARGAINING CAN BE MORE THAN YOU BARGAINED FOR.
Benjamin Werne
Fast Food 72 (4): 90-97. Apr 1973.
389.2538 F82
Collective bargaining, Food service management, Food service workers, Industrial relations.
Extract: One of the most critical issues in the entire field of labor relations today is the area of bargaining: how far may a union go in requiring the management to bargain on questions or subjects that have heretofore been deemed exclusively within the province of management.

680-75
HOW TO HANDLE DISCIPLINARY CASES; PART 1.
Benjamin Werne
Fast Food 71 (6): 36-42. June 1972.
389.2538 F82
Attitudes, Behavior, Employee responsibility, Food service industry, Food service management, Food service workers, Grievance procedures, Industrial relations.
Extract: There has been a subtle, but important, evolution in management's own philosophy of discipline. Enlightened foodservice operators now consider discipline as a corrective measure. It is not designed to punish, or to retaliate, but to influence an erring employee's future conduct. More is involved than a mere mechanical matching of offenses and penalties. Emphasis is increasingly placed on "due process," i.e. The procedure by which discipline is administered, and on such concepts as justice and fair play. Precipitate, discriminatory, arbitrary actions are barred.

681-75
SHOULD WAGE CHANGES BE BASED ON A STANDARD OF PRODUCTIVITY?
Benjamin Werne
Fast Food 72 (2): 86, 91. Feb 1973.
389.2538 F82
Food service industry, Food service management, Food service workers, Industrial relations, Productivity, Standards, Wages
Extract: Improved skill and experience of the labor force is deemed an essential factor, which may materially affect the amount of production resulting from each man-hour of work; and it is a standard which many labor spokesmen would argue is a proper basis for wage changes. Some employers, however, would want to insist that the standard be applied when the skill and experience of the labor force decrease as well as when they increase.

682-75
WHAT IS NRA'S ROLE IN PRODUCTIVITY?
Fast Food 72 (2): 70-71. Feb 1973.
389.2538 F82
Career ladders, Educational programs, Food service industry, Food service training, Food service workers, Motivation, Performance, Productivity.
Abstract: This interview explains the National Restaurant Association's program for initiating systematic career progression in the food service industry, and the reasons for its interest in this area.

683-75
WHAT THE CUSTOMER WANTS, THE CUSTOMER GETS.
Food Serv Mark 37 (6): 46-49. June 1975.
389.2538 F732
Commercial food service, Consumer economics, Consumers, Food preferences, Surveys.
Abstract: A recent Gallup survey revealed features which respondents like to have offered when they eat out. Results are tabulated by sex, age, household size and head,occupation, income level, and by community.

# EDUCATION AND TRAINING

684-75
AN EVALUATION OF THE HULLIGAN STEW 4-H TELEVISION SERIES FOR EXTENSION SERVICE USDA.
Abt Associates, Inc.
Cambridge, Mass. 3 vol., 35 p., 176 p., 86 p. 1974.
TX364.M83 F6W
Evaluation, Evaluation methods, Nutrition education, Television.
Abstract: This three-part report documents results of an impact evaluation study of a series of six half-hour TV shows designed to promote nutrition education among youth. The imp-

685-75

act of support materials is also examined. Suggestions for future similar projects are given. The report comprises an Executive Summary, Report of the Study, and Case Studies.

685-75
FRAMEWORK FOR NUTRITION EDUCATION: A GUIDE FOR ELEMENTARY TEACHERS.
Alabama, Dept. of Education, School Food Service
Montgomery, Alabama 105 p. [n.d.].
TX360.F7 F6#
Alabama, Attitudes, Basic Four, Food habits, Nutrition education, Physical development, School children (6-11 years), School lunch, Teacher education.
Extract: Since the practice of good nutrition habits must be learned, cooperation of the school, the home, and the nutritionists from all agencies concerned with child growth and development is essential for a worthwhile program. This guide is an effort to provide opportunities for children to learn about food and nutrition, through meaningful experiences, in early life while attitudes and habits are being formed. Utilization of school food service as a laboratory to reinforce nutrition education allows for more problem-solving activities which help the child to form his own goals and values concerning his need for developing good food habits.

686-75
THE GREAT ONCE-A-YEAR ORGANIC BULLETIN BOARD.
Larry J Alexander, A Ferrel Jones
Learning Resources 19 (3): 8-9. Mar 1978.
LB1043.A9 P6#
Audiovisual aids, Bulletin boards, Exhibits, Instructional materials, Teacher developed materials, Teaching techniques.
Extract: There are many ways that a teacher may get the student to frequently study the information presented on a bulletin board. One way of doing this is through the "organic" bulletin board approach. An "organic" bulletin board is a special method or display technique designed for instructional purposes. Since its purpose is instructional in nature, it should be more than a brief "capsule" event in the students classroom experiences. The teacher must design change and flexibility into the life of the bulletin board. It must live and grow as the subject area or unit of study develops in the classroom; thus, the term "organic" depicts this idea of continuous growth and involvement with the instructional process. Planned carefully one might use only one board a year that grows with small daily changes, and flows smoothly from one unit or topic into another throughout the year. In organizing an "organic" bulletin board, the teacher should organize three types of files: pictures torn from magazines; mounted pictures; and lettering for captions.

687-75
THE TRUE MEASURE OF SUCCESS IN TEACHING.
Louis E Alley
Randolph, Wis., Educators Progress Service 4 p. July 23, 1978.
TX364.A47 P6#
Attitudes, Educational influences, Educational methods, Health education, Individual instruction.
Abstract: Measurement of success in teaching health education, physical education and recreation lies in the extent to which the knowledge and skills acquired in school are put into practice throughout a lifetime. Development of a favorable attitude is thus extremely important if such a transition is to occur. This may be facilitated by a program of instruction that is individualized, self-initiated, self-directed and self paced, requiring teachers to have available a variety of instructional aids in sufficient quantities to serve the class.

688-75
THE PEOPLE PROFESSION: CAREERS IN HOME ECONOMICS (FILMSTRIP/RECORD).
American Home Economics Association
Washington, D.C. 1 filmstrip, 122 fr., col., 35 mm., 1 record, 18 min. 1974.
TX164.P4 F6# AV
Career opportunities, Careers, Education, Home economics, Home economists.
Also available with audiocassette; teacher's guide.
Abstract: The interview technique is used to show and describe the responsibilities involved in a home economics career. The varied fields open to professional home economists are described and the necessary educational and personal qualifications are discussed.

689-75
THE PEOPLE PROFESSION: CAREERS IN HOME ECONOMICS (FILMSTRIP/CASSETTE).
American Home Economics Association
Washington, D.C. 1 filmstrip, 122 fr., col., 35 mm., 1 cassette tape, 18 min. 1974.
TX164.P4 F6# AV
Career opportunities, Careers, Education, Home economics, Home economists.
Also available with record; teacher's guide.
Abstract: The interview technique is used to show and describe the responsibilities involved in a home economics career. The varied fields open to professional home economists are described and the necessary educational and personal qualifications are discussed.

690-75
HOW TO BECOME A MORE EFFECTIVE TEACHER.
Gary Applegate
J Home Econ 67 (7): 5-7. Jan 1975.
321.8 J82
Behavior, Motivation, Planning, Student involvement, Teachers, Teaching techniques.
Abstract: This adaption of a taped interview deals with reality therapy and seven steps involved in teacher effectiveness. The steps include involvement, behavior identification, behavior value judgement, planning, commitment, and dropping excuses and punishment.

691-75
DIAZO: HOW TO MAKE BETTER VISUALS WITH THIS "WORK HORSE" TECHNIQUE.
Bob Aylmer
Training 12 (4): 47. Apr 1975.
HF5101.T7 P6#
Equipment, Transparencies.
Abstract: Suggestions for using diazo equipment for best results are provided. Simplicity and clarity are emphasized as keys to producing better visuals.

692-75
ON LECTURING.
William B Bean
Arch Internal Med 134: 863-865. Nov 1974.
448.8 A72#
Education, Educational methods, Effective teaching, Methods, Teaching methods.
Abstract: In this editorial the author examines the advantages and disadvantages of lecturing as a teaching technique. Although examined primarily from the point of view of those being taught, some consideration of the teacher's point of view is also included. This author appears to conclude that the advantages outnumber the disadvantages, as these are emphasized, with this being the case in classroom settings as well as scientific meetings. Educators may find these thought of interest.

693-75
SURVEYING YOUR SUPERVISORY TRAINING NEEDS.
Geoffrey Bellman
Training Dev J 29 (2): 25-33. Feb 1975.
BF636.T7
Communication (Thought transfer), Management, Motivation, Performance, Planning, Supervisors, Surveys, Training
Extract: The following seven sections describe how the survey is built and used: establishing the target group, building survey questions, using the card method, conducting the survey interview, analyzing survey results, involving line management, and appraising the approach.

694-75
IMPLICATIONS OF THE IEA STUDIES FOR CURRICULUM AND INSTRUCTION.
Benjamin Bloom
Educ Dig 40 (2): 44-47. Oct 1974.
L11.E3 P6#
Education, Educational methods, Educational programs, Effective teaching, Learning, Training.
Abstract: This report, of interest to educators, describes the work of the International Association for the Evaluation of Education Achievement that is working in various countries to solve educational problems. The accomplishments of the IEA in the development of evaluation procedures and the increased interest in more effective curriculum and teacher training is emphasized. It is pointed out that beautiful curriculum plans have little relevance for education unless they are translated into what happens in the classroom. Therefore training programs will be effective only if they change teachers' behavior in the classroom. Costs in terms of time, resources and change to the educational system are compared for mass media, teaching-learning strategies, the use of existing curriculum, in-service education, and curriculum reforms. Relationship of curriculum and instruction at home and at school are also discussed.

695-75
MEETING THE AFFECTIVE NEEDS OF YOUNG CHILDREN.
Elaine C Brennan
Children Today 3 (4): 22-25. July/Aug 1974.
HQ781.C45 P6#
Behavior, Behavior change, Children, Emotions, Psychological aspects.
Abstract: This article is an attempt to explore childrens' affective needs, as displayed in a day care setting, and to discuss some specific ways to meet them. Four major steps in individualizing affective needs are outlined and examples of child behavior that frequently concern teachers are given. Suggestions on how to handle these behaviors are also presented. Those working with or developing programs for this age level child should be aware of these behavior patterns.

696-75
TALKING SLIDES" TO ORIENT NEW EMPLOYEES.
Jim Bushnell
Training and Dev J 28 (11): 8-10. Nov 1974.
LC1041.T7 P6#
Audiovisual aids, Personnel management, Slides/sound, Training.

Abstract: A rapidly growing company has selected a new audiovisual system--sound on slide--for its employee orientation program. The flexibility and economy of the system are described

697-75
LIST OF SUGGESTIONS FOR DEMONSTRATIONS THAT TEACH NUTRITION AND FOOD PREPARATION. (SPA)
E Buzo de Roig
Rio Piedras, P.R. 3 p. July 2, 1969.
TX364.B82 F6N
Demonstrations (Educational), Extension education, Food preparation, Foods instruction, Nutrition education, Teaching guides, Teaching techniques.
Title of Original: Lista de sugestiones para demostraciones de metodo a ofrecer sobre nutricion y preparacion de alimentos.
Abstract: Here is a list of suggestions for Extension workers who give demonstrations on food preparation and nutrition.

698-75
I AM BENJAMIN AND I WANT TO EXPLAIN WHAT EVERY CHILD NEEDS IN ORDER TO BE HAPPY. (SPA)
California (State), Dept. of Public Health, Farm Workers Health Service
Sacramento, Calif. nnp. 1968.
RJ101.C3 F6N
Child care, Child Development, Children, Family environment, Human relations, Parental influence, Psychological aspects, Social influences.
Title of Original: Yo soy Benjamin y les quiero explicar lo que todo nino necesita para ser feliz.
Abstract: The home environment in which a child grows up has a decisive influence on the kind of adult he or she will become. In order to raise a child properly, parents must be ready and willing to provide their children with love, family harmony, security, protection, a gradually increasing amount of independence, responsible advice and guidance, a lot of understanding, and well-intentioned discipline.

699-75
CLUSTERS OF COMPETENCIES COMMON TO HOMEMAKER/HOME HEALTH AIDES FOR CARE OF THE ILL AND DISABLED ADULT.
Virginia Caples
Ames, Iowa, Home Economics Research Institute, University of Iowa leaflet, unpaged. 1970.
TX1.I5 NO. 4 F6N
Adult education, Career education, Cluster grouping, Educational planning, Educational programs, Paraprofessional training, Skills, Training.
Abstract: This publication was prepared as a result of four years of research in the concept of clustering a selected group of occupations which require some common home economics competencies. The leaflet provides suggestions for preparatory and/or pre-job training programs in these occupations. Those involved in the training of these paraprofessionals will find these suggested competencies helpful in program planning.

700-75
EVALUATION OF EFFECTS OF PERFORMANCE BASED TEACHER EDUCATION ON THE HEALTH KNOWLEDGE AND ATTITUDES OF FIFTH GRADE STUDENTS.
Virginia P Caramanica, Ellen Gail Feiler, Larry K Olsen
J Sch Health XLIV (8): 449-454. Oct 1974.
LB1603.J6 F6N
Curriculum development, Curriculum evaluation, Evaluation, Evaluation methods, Health education.
Abstract: The purpose of this study was to evaluate changes in the health knowledge and attitudes of fifth grade students from selected school districts involved in the School Health Education Curriculum Project, a core curriculum designed and supported in part by the National Clearinghouse for Smoking and Health, Center for Disease Control, and the U.S. Department of Health, Education and Welfare. The scope of the unit evaluated, a study of the respiratory system, is defined and limitations of the study and methods employed are listed. An analysis of test data and attitudinal data showed that the unit appeared to have a positive influence on the health knowledge and attitudes of the students. Various recommendations are offered to further ascertain the impact of such projects, calling for the revision of evaluation items, longitudinal studies, the development of behavior inventories and an assessment of parents' health knowledge. Educators should find this study of interest.

701-75
SO YOU'RE GOING TO HANDLE SUPERVISORY TRAINING...
Stan Carpenter
Training Dev J 29 [illegible]-8. Feb 1975.
BF636.T7
Behavior, Communication (Thought transfer), Educational objectives, Educational programs, Instructional materials, Management, Management education, Reinforcement, Training techniques.
Abstract: Four basic phases need to be clearly defined in handling supervisory training: identifying training needs, design of training to satisfy the needs, conducting training programs, and evaluation.

702-75
CLUSTERS OF COMPETENCIES COMMON TO THREE HOME ECONOMICS RELATED OCCUPATIONS.
Karen Fox Carpenter
Ames, Iowa, Home Economics Research Institute, Iowa State University leaflet, unpaged. 1970.
TX1.I5 NO. 1 F6N
Adult education, Career education, Educational planning, Educational programs, Paraprofessional training, Training
Abstract: This publication was prepared as a result of four years of research in the concept of clustering a selected group of occupations which require some common home economics competencies. The leaflet provides suggestions for preparatory and/or pre-job training programs in these occupations. Those involved in the training of these paraprofessionals will find these suggested competencies helpful in program planning.

703-75
SELF-STYLED APPROACH TO INSTRUCTIONAL DESIGN.
Frank V Colton, Hilda Caton
Audiovisual Instruction 19 (1): 28-30. Dec 1974.
LB1043.A815
Audiovisual aids, Bibliographies, Educational objectives, Instructional innovation, Instructional materials, Models, Planning.
Extract: Specifically the two purposes of the bibliography are to: 1)provide a ready source of references which may alert students to the many sources available to them; and 2) categorize the sources in order to help students select those most appropriate to their own needs and interests.

704-75
TAKE A PROFESSIONAL APPROACH TO MEETING PLANNING.
Lloyd G Cooper
Training Dev J 29 (1): 48-50. Jan 1975.
BF636.T7
Guides, Meetings, Planning, Resource materials.
Extract: In planning any meeting there are three primary things you must keep in mind: (a) program, and accompanying facility needs; (b) location and accessibility; and (c) timing.

705-75
TALKING IT OVER: HOW TO TRAIN SUPERVISORS WITH EMPLOYEE FEEDBACK.
Richard Cooper
Training 12 (1): 29-32. Jan 1975.
HF5101.T7 F6N
Feedback, Management education, Personnel management, Supervisors, Training techniques.
Extract: If a manager can find out what his weak spots are, he can work to strengthen them and make himself a better manager. His subordinates would be a good source of information, but they're not likely to tell him--without a program like this one.

706-75
PROJECTORS.
Richard Cooper
Training 12 (3): 80-81. Mar 1975.
HF5101.T7 F6N
Audiovisual equipment.
Abstract: Fourteen 8 mm and 16 mm projectors introduced during 1974 are described and prices supplied.

707-75
FOOD SERVICE CAREERS.
Ethelwyn G Cornelius
Peoria, Ill.; Charles A. Bennett Co, Inc. 336 p. (illus.). 1971.
TX943.C62 F6N
Career education, Career planning, Food service occupations, Food service training, Food service workers, Textbooks.
Abstract: This basic text explores food service careers in detail. Skills and attitude needed for successful employment in the many different kinds of food service are described, as are training requirements, responsibilities, and duties. A vocabulary is provided at the beginning of each chapter, which ends with a review and suggestions for going further in areas of interest. The book is profusely illustrated and contains a section on labor laws and regulations.

708-75
PUZZLES FOR LEARNING (CROSSWORD PUZZLE).
Creative E.E.A., Inc.
Geneseo, New York 6 puzzles. 1974.
TX725.A1P3 F6N
Cookery, International, Food preparation, Nutrition
Abstract: This collection of five crossword puzzles for the adult level covers foods; food dishes; foreign foods; food preparation; nutrition. Each is printed on a ditto master.

709-75
CULINARY APPRENTICESHIPS EARN RESPECT FROM LABOR, MANAGEMENT.
Instit/vol Feeding 76 (4): 31-32. Feb 1975.
TX1.I55
Apprenticeships, Chefs, Culinary arts, Food service training, On the job training, San Francisco.
Extract: Though culinary apprentice programs have long been regarded as too slow and too demanding for today's impatient youth, a new trend is becoming evident in California. More than 90 highly promising young men and women are currently enrolled in a three-year course combining training, study and work.

710-75

710-75
DIETETIC INTERNS DISCOVER SCHOOL FOODSERVICE.
Sch Foodserv J 29 (1): 55-60. Jan 1974.
389.8 SC86
Dietetic interns, Dietetic internship programs, Florida, Indiana, School food service.
Extract: For years dietetic internships have been conducted mostly in hospitals. But more and more, dietetic interns are getting into the schools to discover another interesting, rewarding aspect of their field.

711-75
CREATIVITY IN SCIENCE.
F R Duke
J Chem Educ 49 (6): 382-384. June 1972.
381 J826
Brain, Communication (Thought transfer), Creativity, Scientific methodology.
Abstract: The author of this article examines what is meant by creativity in science, and how educators can foster more creativity among the students. Much of the creative process occurs in the recesses of our subconscious mind. The importance of interest and confidence is stressed. There are four main parts for the educator to stress in bringing his students up to the highest level. They include: 1) interest, 2) confidence, 3) knowledge, and 4) understanding.

712-75
WHAT'S BEINGS ARE NOT VERY EASY TO CHANGE AFTER ALL.
Amitai Etzioni
Saturday Rev 55: 45-47. June 3, 1972.
AP1571.S2 P8W
Adult education, Education, Educational influences, Educational methods, Effective teaching.
Abstract: In this article, of particular interest to educators, the author contends that personal growth and societal change are difficult to achieve particularly through educational methods alone. She cites several examples of failure to change behavior resulting from educational programs such as the reforming of prisoners, drug addicts, smokers, automobile drivers, etc. And suggests better results can be achieved through such factors as improved technological devices and medication or total and voluntary reconstruction of social environment. Education will be more effective when it works with change in environment and does not assume a solo role in behavior change.

713-75
CAREERS IN FOOD SERVICE: PREPARING, DISTRIBUTING AND SERVING FOOD (SLIDES).
Fairchild Visuals
[n.p.] 38 slides, 2" x 2", color. 1974.
TX943.C32 P8W
Careers, Food service management, Food service occupations, Food service training.
With narrative text.
Abstract: The duties and responsibilities of food service workers are outlined. Also discussed are availability of jobs, typical wages, kitchen teamwork, and the various types of food service operations.

714-75
FEEDING YOUR YOUNG CHILDREN (FILMSTRIP).
Chicago, National Dairy Council 1 filmstrip, 60 fr., sd, 35mm, color. 1973.
TX361.C5N8 P8W AV
Basic Four, Child nutrition, Children, Parent education.
With 12 p. discussion guide and written narrative.
Abstract: This filmstrip provides instruction in feeding children from 2- years old. It is divided into three sections: food to give the preschool youngster (including an explanation of the four food groups and the recommended number of servings from each food group); what to expect in feeding a young child (growth spurts, differing body builds, activity, and size will affect eating); and helping the young child learn to self feed (suggestions on creating a pleasant mealtime atmosphere, types of eating utensils foods to appeal to young children, serving seconds, desserts and snacks, and how to handle feeding problems).

715-75
A FEW EVALUATION TECHNIQUES IN NUTRITION EDUCATION.
Ill Teacher HVII (3): 170-172. Jan/Feb 1974.
LB1025.I8 P8W
Evaluation, Food fads, Nutrient values, Nutrition education, Recipes, Secondary education, Teaching methods.
Better health through better nutrition issue.
Abstract: This article for the secondary teacher suggests how techniques used for teaching nutrition can also be used for evaluation. They include creating or analyzing recipes, analyzing fad diets, recognizing foods by their nutrient values, and recognizing relations between nutrition and body condition. With adaptations, they could be used in college classes for home economics or foods and nutrition students.

716-75
THE POTENTIAL AND LIMITATIONS OF MASS COMMUNICATIONS.
W Jean Kreuter
Can Home Econ J 25 (2): 3-9. Apr 1975.
321.8 C162
Attitudes, Behavior change, Communication (Thought transfer), Mass media, Motivation, Nutrition education.
Abstract: The strengths and weaknesses of mass media treatment in nutrition education is discussed. Several techniques for effecting behavior change in food habits are reviewed. The most effective appears to be three-pronged group communication: group discussions to group decision to public commitment to action.

717-75
THE SUPPORTIVE ENVIRONMENT: A NEW DIMENSION IN MEETINGS
Coleman L Finkel
Training Dev J 29 (1): 26-36. Jan 1975.
BF636.T7
Attitudes, Behavior, Environmental factors, Equipment, Meetings.
Abstract: Six characteristics of the supportive environment are: psychological influences of the environment; set-up of facilities; proper equipment for communicators; development and innovation; a well-trained support staff; the needs of the individual participant. Handling meetings is a whole new specialty with many complex problems.

718-75
FOUR FOOD GROUP TRANSPARENCIES (TRANSPARENCIES).
Chicago, National Dairy Council 4 transparencies, color [n.d.].
TX355.F66 P8W AV
Basic Four, Dairy foods, Food groups, Fruits, Grain products, Transparencies, Vegetables.
Abstract: Each of these four transparencies depicts representative foods from one of the four food groups. The variety of foods photographed should appeal to all audiences to illustrate the concept of the Basic Four.

719-75
HOPPING IN HAMBURGER HEAVEN.
John Franklin
Occup Outlook Quarterly 18 (1): 19. 1975.
HF5381.O25 P8W
Career ladders, Employment opportunities, Fast food chains, Food service training, Food service workers, Wages.
Extract: Most fast-food jobs are part-time and are an important source of income for students and other persons who must work around otherwise busy schedules. Typical duties of counterworkers include taking customers' orders, serving food and beverages, making out checks, and taking payment.

720-75
TRENDS IN SIMULATION.
H Eugene Gillion
Educ Dig 41 (1): 57-59. Sept 1974.
L11.E3 P8W
Models, Role playing, Simulation, Teaching methods, Teaching techniques.
Abstract: This article, published in a journal for educators, discusses the history of the use of simulation and its development in the field of education. Findings measuring its effectiveness have been inconclusive but simulation does seem to produce more student motivation with no consistent or significant differences in learning, retention, and critical thinking. Simulation appears to parallel other current trends in education - the desire to involve students more actively in the learning process, to increase learning relevancy, to increase curriculum variety, to change teachers' roles to those of guides and stimulators of ideas, and to increase the development of students' skills of reflective analysis. Trends in creating simulations include the student involvement of the writing, increased teacher training in this method and increased use at the university level.

721-75
THE INFLUENCE OF PLAY ON CHILD DEVELOPMENT. (SPA)
P B Greer
Rutgers, the State University, Cooperative Extension Service, College of Agriculture and Environmental Science
New Brunswick, N.J. unp. June 1966.
LB1137.G7 P8W (Rutgers University. Cooperative Extension Service Circular no. 286-S.)
Child care, Child development, Children, Exercise, Growth, Play, Psychological aspects, Social factors.
Title of Original: Influencia del juego sobre el crecimiento del niño.
Abstract: For proper development, children need appropriate amounts of play and exercise. Physical exercise promotes bodily growth and health, but not all play involves strenuous activity. Play gives children an opportunity to learn responsible and productive social interaction as well as a chance to explore on one's own and exercise the imagination.

722-75
SOME CRITICISMS OF MASTERY LEARNING.
Patrick Groff
Todays Educ 63 (4): 32, 90-11. Nov/Dec 1974.
275.9 N21J
Behavioral objectives, Education, Educational methods, Educational theories, Effective teaching, Methods, Teaching methods
Abstract: In this article, written for educators, the author scrutinizes the merits of mastery learning. He is not convinced all students have the same aptitude and does not think teachers have time to follow this approach - time to construct alternative learning materials and administer them and time to construct diagnostic tests. The author questions the use of behavioral objectives, the effect mastery learning will have

on the mental health of students, and wonders what behavior skills a teacher must possess to be successful in this approach. He concludes that this doctrine is doomed to downfall.

723-75
TRAINING THE DIETITIAN AS A FOOD SERVICE ADMINISTRATOR.
P Alva Gross
J Can Diet Assoc 36 (2): 88-92. 1975.
389.9 C1632
Administration, Curriculum, Dietitians, Food service training, Hospital food service.
Abstract: The curriculum is outlined for courses in food service administration at the Winnipeg, Manitoba Health Sciences Center. Areas covered include general operation, operational, financial, education, therapeutic management, and general interest topics in the career area.

724-75
THE FOOD FAD BAG.
Ellen Hanten
Ill Teacher xVII (3): 164-165. Jan/Feb 1974.
LB1025.I4 F6W
Adult nutrition education, Class activities, Food fads, Health foods, Organic foods, Teaching methods.
Better health through better nutrition issue.
Abstract: This teaching technique was designed to be used by the substitute teacher, to help answer some of the questions of students and adults about natural, organic and health foods, and to make them more aware of problems arising from claims made for these products. Questions about health foods and food fads are placed in a bag from which the students draw, and determine whether the following statement is fact or fiction. Available resources, such as those listed in the article, help the students evaluate the answers to these and related questions. The lessons as outlined could be used with secondary or adult students.

725-75
CLARIFYING VALUES THROUGH SUBJECT MATTER; APPLICATIONS FOR THE CLASSROOM.
Merrill Harmin, Howard Kirschenbaum, Sidney B Simon
Minneapolis, Winston Press 146 p. 1973.
LC1011.E3 F6W
Educational methods, Effective teaching, Instructional aids, Teaching methods, Value system.
Abstract: This book challenges teachers to examine what they teach and how they teach in terms of actual student relevancy. A values level of teaching is strongly advocated with learning activities that will actually help students develop their own values. Guidelines and examples of values level teaching in a wide variety of subject areas (including nutrition) are presented along with fifteen strategies that can be used to direct value clarification through subject matter. The teacher is also advised to carefully determine what is worth teaching and is warned against sugar coating irrelevant curriculum with value questions. Application of this approach should prove relevant to any teaching situation.

726-75
THE STATUS OF HOME ECONOMICS IN HIGHER EDUCATION.
Laura Jane Harper
J Home Econ 67 (2): 7-10. Mar 1975.
321.8 J82
Academic achievement, Higher education, Home economics, Home economics education, Home economists.
Extract: During the past decade (1962-63 through 1972-73), home economics in higher education in the United States grew vigorously, especially at the undergraduate level. Undergraduate enrollment increased by 96 percent and graduate enrollment by 178 percent. Degrees granted increased by 157 percent at the baccalaureate level, 151 percent at the master's level, and 138 percent at the doctoral level.

727-75
HOW TO INVOLVE STUDENTS IN THEIR OWN INSTRUCTION.
Ruth D Harris, David M Moore
J Home Econ 67 (1): 15-16. Jan 1975.
321.8 J82
Communication (Thought transfer), Educational objectives, Evaluation, Planning, Student involvement, Teaching techniques
Extract: Cooperative teacher-student planning for peer teaching cannot be a haphazard affair; a logical step-by-step approach is necessary if the outcome is to be productive. The popular term for such planning today is the systems approach to teaching, which basically involves: a) determining student needs, the intended outcomes, and the content to be developed; b) selecting a teaching technique or strategy and the appropriate media and resources; c) giving the presentation; and d) evaluating the entire process.

728-75
GROUP/AUDIOVISUAL INSTRUCTION FOR PATIENTS WITH DIABETES.
Jean Hassell, Eva Nedved
J Am Diet Assoc 66 (5): 465-470. May 1975.
389.8 AM3A
Audiovisual instruction, Diabetes mellitus, Diabetic diets, Dietitians, Nutrition education, Teaching techniques.
Extract: Patients with diabetes receiving instruction in group classes utilizing audiovisual teaching techniques achieved significantly higher post-test scores than those taught individually in the old, traditional bedside manner. In addition to the significantly greater learning, the dietitians's time was reduced by 190 percent based on classes of eight patients.

729-75
SEATING: A NEW LOOK AT AN OLD TECHNIQUE.
Susan Dale Hawkins
Learning Resources 19 (3): 13-14. Mar 1974.
LB1043.A9 F6W
Class activities, Communication (Thought transfer), Effective teaching, Group dynamics, Psychological aspects, Student involvement, Student participation, Teaching methods, Teaching techniques.
Abstract: Consciously or unconsciously, teachers use seating as a control mechanism. Research has shown that classroom seating is a student's means of determining his "territory" and therefore his status. Front row occupancy, for example, has a positive effect on the way students are perceived by teachers, other students, and themselves, and this perception has a definite effect on behavior. Teachers rarely use classroom seating for anything else except disruptive behavior management, but seating can be used to reinforce or bring out positive behavior patterns in various learning situations. Communication is maximized between individuals who sit opposite one another, and lessened between those sitting side by side. Teachers can use this phenomenon to arrange circular seating patterns with the more talkative students facing the shyer ones.

730-75
SHOULD TEACHERS BE JUDGED BY PERFORMANCE?
Fred M Hechinger
Educ Dig 40: 7-9. Oct 1974.
L11.E3 F6W
Effective teaching, Teacher education, Teachers, Teaching.
Abstract: This article questions whether teachers should be certified on the basis of professionally approved requirements or on-the-job performance. Issues concerning this debate are presented. Research is called for to define and describe teaching competence and more objective yardsticks by which it can be measured. The consumer demand for better teaching in a time of teacher surplus is evident. Those interested in trends in education will find this report of interest.

731-75
HOW I TEACH NUTRITION: NUTRITION FACTS CAN BLOOM IN YOUR GARDEN.
Selma Held
Forecast Home Econ 20 (8): f26-f2m. Apr 1975.
321.8 F752
Gardening, Herbs, Nutrients, Nutrition education, Teaching methods, Vegetables.
Abstract: Students and nutrition instructor cooperate in growing vegetables and herbs in their own garden. The produce is then used in cooking projects. During the process nutrients contained in the foods are identified.

732-75
EXHIBIT ADVANCES COMMUNITY NUTRITION EDUCATION.
E M Hinkle
J Am Diet Assoc 49 (6): 512-513. Dec 1966.
389.8 AM3A
Community programs, Diet improvement, Exhibits, Family health, Food misinformation, Instructional materials, Nutrition education, Ohio.
Extract: The Ohio Dietetic Association placed a permanent nutrition exhibit in the Health-Science areas of the Center of Science and Industry in Columbus to combat food misinformation and provide greater awareness and understanding of nutrition. Nutritional concerns and their answers are depicted for family members, with information on how to Dial-A-Dietitian. Some suggestions for preparing a museum exhibit are offered.

733-75
NUTRITIONAL BUILDING BLOCKS: AN EDUCATIONAL TOOL.
Barbara P Hone, Jean P Morris
J Can Diet Assoc 36 (1): 38-42. 1975.
389.9 C1632
Adult nutrition education, Class activities, Food groups, Food guides, Instructional aids.
Abstract: An instructional tool has been developed to help teachers give nutritional information in the classroom and to adults alike. Instead of food guides, foods are grouped as nutritional building blocks for good health, color coded to show relationships between nutrients and different foods. Classroom games and activities have been developed from the blocks, which represent five food groups, the fifth being fatty acids and the fat-soluble vitamins. The concept can be used for adults as well as in the schoolroom.

734-75
DIETITIANS - INDEPENDENT PRACTITIONERS.
Carol L Hunerlach
Seabrook (Indiana), Md., Carol L. Hunerlach 34 p. 1974.
RM217.H8 F6W
Diet counselling, Dietary consultants, Dietetics, Dietitians, Health personnel.
Abstract: This report was written by a dietitian for health insurance company executives to support her request that medically prescribed dietary counseling be a covered expense. It contains a description of the broad scope of dietetic services. It is divided into four sections which describe the various specialties in the field of dietetics, dietetic practice,

735-75

dietetic functions and dietetic economics. The report focuses on the cost benefits of dietary counseling, and selected reference material is used to appeal to the intended audience.

735-75
A COMPARISON OF THREE INSTRUCTIONAL APPROACHES IN HEALTH EDUCATION.
Tom Hurt, Gary Martin
J Sch Health XLIV (9): 504-507. Nov 1974.
LB3471.J6 P6W
College students, Health education, Independent study, Learning ability, Programed instruction, Teaching methods.
Abstract: College students in a health education course were tested to determine whether programed self-instruction produced better learning than either traditional classroom lectures or reading from conventional sources. The programed approach was found superior to conventional reading and equally as effective as the classroom method for teaching students. The article, designed for college teachers and other professionals, concludes that programing and packaging some course information for independent study would release time for other essential teaching-learning classroom activities, but cautions that a variety of teaching methodsis needed for balanced instruction and continued attendance.

736-75
FOOD FOR THOUGHT (PUZZLE).
Marvin R Jaffee
Tchr Tech 4 (5): 272, 320-321. May 1975.
ZP1.C4
Educational games, Nutrition education.
Abstract: This puzzle uses the vocabulary of the chemical and biological aspects of nutrition in order to advance nutrition knowledge.

737-75
BAKING MANUAL.
Kansas, Dept. of Education, School Food Services Section
Topeka, Kansas 64 p. 1975.
TX683.B3 P6W
Baked goods, Food preparation, Food service training, School food service, Standardized recipes, Type A lunch.
Abstract: This training manual supplies information on various Type A lunch baked goods and includes preparation instructions and recipes for quick breads, yeast breads and rolls, cakes, cookies, and pastries. Standardized recipes, measures, and recipe adjustment are covered as is mix preparation.

738-75
NUTRITION IN HEALTH INSTRUCTION: THE TENNESSEE HEALTH EDUCATION PROJECT.
Robert H Kirk, Michael Hamrick, Donald C McAfee
J Nutr Educ 7 (2): 68-71. Apr/June 1975.
TX341.J6
Curriculum planning, Education, Educational programs, Health education, Nutrition education, Secondary education.
Abstract: A major demographic study was conducted in one Tennessee community where it was discovered that despite nutrition's major emphasis during the school years, high school students exhibited poor nutrition behaviors and a low interest in the subject. A trial curriculum guide was developed emphasizing the integration of nutrition into its ten health content areas. The trial guide was first field tested during 1973-74 and on the basis of the data analysis and student and teacher critiques, was revised and is being field tested during 1974-75. Those involved in nutrition education programs in schools will find this study of interest.

739-75
HOME ECONOMICS CAREERS.
Penelope Easton Kupsinel, Vera G Channell.
Danville, Interstate Printers & Publishers 215 p. 1974.
TX165.K1K8 P6W
Career opportunities, Careers, Food service occupations, Home economics, Home economics education, Home economists.
Extract: This book is written especially for the high school student who is considering a career in home economics or a home economics related occupation. It is equally useful for the younger student planning for high school training which will prepare him for a home economics career. The older student returning to school or the person needing to retrain for a new career will find it helpful in choosing a career and planning for skills training in the discipline of home economics. It is of general use to all levels of students and teachers.

740-75
MEDIA PACKAGES: HOW TO MAKE AND USE THEM.
Walter Kurzrock
Training 12 (3): 36-39. Mar 1975.
HF5101.T7 P6W
Instructional media, Packaging, Training, Training techniques.
Abstract: Suggestions for constructing packages to satisfy special training needs are supplied. The major steps are identified and explained; these include: media selection, preparation of materials, marketing the training package, and follow-up and measurement. Several examples of successful projects are described.

741-75
EVALUATIVE CRITERIA OF NON-PRINT MATERIALS: A COMPROMISE.
Edward R Lasher
Audiovisual Instruction 20 (8): 16-17. Apr 1975.
LB1043.A815
Audiovisual aids, Evaluation.
Extract: An alternative to the checklist most frequently used in the evaluation of non-print materials is offered.

742-75
BASIC NUTRITION. 2d ed.
Learning Systems Ltd.
[Oxford, U.K.] Pergamon Press 4 v., with Teacher's Manual. 1969.
TX364.B38 1969 P6W
Adolescents (12-19 years), Basic nutrition facts, Nutrient functions, Nutrient sources, Nutrition concepts, Nutrition education, Programed instruction.
Abstract: This series is designed to give a simple introduction to the principles and practice of nutrition to domestic science students age 14-16 years, and are designed to complement a teacher's normal course. Covered in the self taught program are nutrient groups and their functions, sources of nutrients, dietary planning to meet individual needs and methods of cooking and preservation. Student objectives are listed at the beginning of each unit and review frames are included during the program to enable the student to check her/his level of performance. Criterion tests have also been devised to measure pre and post program learning.

743-75
CAREERS IN HOME ECONOMICS (POSTERS).
Louise Lemmon
Portland, Me.: J. Weston Walch Publishers 18 posters, 11" x 14". 1970.
HF5549.L4 P6W
Career opportunities, Cooks, Food service management, Food service workers, Home economics, Job analysis.
Abstract: A series of 18 posters illustrate and explain careers in home economics. Some of the duties and responsibilities of each job are described. Among the careers covered are food manager, chef, home economics teacher, waiter, and child care aide.

744-75
CHANGING ATTITUDES AND HABITS TO REDUCE RISK FACTORS IN CHRONIC DISEASE.
Howard Leventhal
Am J Cardiology 31 (5): 571-580. May 1973.
RC681.A1 A56
Behavior, Behavior change, Change, Disease prevention, Psychological aspects.
Abstract: This report, of interest to health educators, emphasizes programs of behavioral change for adults and preventive programs for children to reduce chronic disease risk factors. Ways of actualizing steps for behavioral change in adults are discussed for both mass media and interpersonal communication, and special attention is given to the doctor-patient relationship. The assumption that behavior is more easily controlled in children is analyzed and it is concluded that prevention may be as difficult and complex as changing behavior in adults. Education for positive health practices is a lifelong task requiring equalattention to early and later education, and to environmental and individual factors.

745-75
EVALUATING INSTRUCTIONAL HARDWARE.
Craig W Locatis
Audiovisual Instruction 20 (8): 12-14. Apr 1975.
LB1043.A815
Audiovisual equipment, Evaluation.
Extract: Efforts are increasing to improve the quality of educational equipment. Such efforts are important. Even the best educational materials may fail if the support systems required to deliver instruction are inadequate. Some efforts for equipment quality improvement are devoted to generating better technical standards for hardware, while others are concerned with development of consumer evaluation procedures

746-75
A COMPARISON OF THREE METHODS FOR ELIMINATING DISRUPTIVE LUNCHROOM BEHAVIOR.
Evelyn H MacPherson, Benjamin L Candee, Robert J Hohaan
J Appl Behav Anal 7 (2): 287-297. Summer 1974.
BF636.A1J6 P6W
Behavior, Behavior change, School food service, School lunch, School lunch programs.
Abstract: Three methods of controlling disruptive lunchroom behaviors of elementary school children were compared: basic modification procedures, basic modification procedures and punishment essays, and basic modification procedures and mediation essays. During an in-service workshop, six paraprofessional lunch aides received training in these methods and then applied them in a counter-balance design. Results indicated that during the periods when aides had been directed to use basic modification procedures plus mediation essays, target misbehaviors were almost totally eliminated and occured significantly less often than during the periods when they has been directed to use basic modification procedures alone or basic modification procedures plus punishment essays. Those involved in the control of lunchroom behavior should be interested in this report.

747-75
SELF TEACHING ELECTRICAL BOARDS.
Johns Macander, Patti Wylie
Ill Teacher XVII (3): 161-163. Jan/Feb 1974.
LB1 25.I8 P58
Audiovisual aids, Independent study, Instructional aids, Secondary education, Teaching methods.
Better health through better nutrition issue.
Abstract: Two teachers developed battery-powered electrical boards for students to use to teach themselves. When a right answer is given, the light does on, giving the immediate feedback. Instructions for making one of the boards, for which the answers can be changed to prevent memorization, are included. The technique is suitable for teaching junior high and high school students.

748-75
COOKING AND EATING WITH CHILDREN; A WAY TO LEARN.
Oralie McAfee, Evelyn G Paines, Patricia Maloney Markun
Washington Association for Childhood Education International 48 p. 1974.
TX364.M32 F58
Children, Cooking, Food habits, Food preparation, Nutrition education, Recipes.
Abstract: Nutrition education by means of group activities in food preparation, cooking, and eating is the objective of this booklet. Dozens of recipes are supplied, and various sections relate cooking with other school subjects.

749-75
EVALUATION OF CONNECTICUT SCHOOL PROGRAMS FOR MIGRANT CHILDREN.
Dewey McGowen
Washington, ERIC Document Reproduction Service 109 p. 1968.
ED5856,M561 F58
Children, Connecticut, Migrant workers, Nutrition, School health services, Summer programs.
Available from: LEASCO Information Products, Inc., 6827 Fenby Avenue, Bethesda, Maryland 20014; EDRS price MF-$0.50, HC-$6.35, ERIC Report No. ED 028 891.
Abstract: In 1968 the Connecticut school program for migrant children implemented several projects. Among these were dietary aides, visual stimulation for oral development, and parental participation. It was found that a large number of children had a hypertrophied tonsil condition possibly associated with malnutrition. Some of the objective measurements used are discussed as are various problems that were encountered. It was concluded that skills in the children improved very little but attitudes about going to school were changed. There was more awareness by parents of their child's interest in school. There was improvement in social, hygenic and nutritional practices. It was also found that structured programs often did not meet the needs of the migrant child. The information should prove of interest to the child health professional.

750-75
NUTRITION EDUCATION SPECIALIST PROJECT; FINAL REPORT.
Ernestine A McLeod
Arkansas, Dept. of Education, Div. of School Food Services
Lincoln, Nebraska War. Racine. 1974.
TX364.A833 F58
Administrative personnel, Consultants, Food service workers, Nebraska, Nutrition education, Nutritionists, Parent participation, Teacher education.
Extract: Work started in nutrition education in 1969 and 1970, by the state agency, formed a background for direction and implementation. To initiate an effective program and gain in educational philosophies an advisory council was established. The overall purpose of the advisory council was twofold: to involve state level divisions of Department of Education concerned with education of elementary children and concerns of elementary teachers teaching the elementary curriculum. To provide direction and guidance for structuring nutrition education into the elementary curriculum.

751-75
MAKING THE COMPREHENSIVE HIGH SCHOOL COMPREHENSIVE.
Carl Larsen Widmaa
Am Vocational J 50 (1): 40-44. Jan 1975.
AS541.A.V6 F58
Food service training, High schools, Michigan, Vocational education.
Extract: When the administrative leaders in the School District of the City of Troy, Michigan, began planning their new Athens High School in 1971, they wanted to make it responsive to the wide-ranging vocational needs and aspirations of young people. They were determined to avoid the creation of a narrowly academic program on the one hand or a diffuse and untargeted vocational experience on the other, both unfortunate characteristics of most socalled comprehensive high schools. Their approach to the problems is described.

752-75
READY-MADE BULLETIN BOARDS FOR ELEMENTARY SCHOOLS.
Lynne G Miller
New York, Citation Press 80 p. 1970.
LB1045.M5 F58
Bulletin boards, Elementary schools.
Extract: This compilation of thirty-two bulletin boards has been specifically devised for the busy elementary school teacher who just doesn't have time to think up, design, and research a new bulletin board each month.

753-75
GAMES FOR LIVING.
Helen B Wash
War Hunger 7 (12): 4,5,21. Dec 1973.
HD9000.1.W37
Adults, Educational games, Illiteracy, Rural areas
Abstract: A series of games developed for use with adults in rural areas of Ecuador is described in this article of special interest to educators working with persons who are illiterate. The article emphasizes the use of informal educational games in other societies for the purposes of education for improvement of local living conditions. A short history of gaming is given, and the psychological needs of the game are discussed by Ms. Wash. Criteria to be met before a new game can be used by the adults is examined.

754-75
THE PERIPATETIC NUTRITIONIST: A DESCRIPTION OF NUTRITION EDUCATION ACTIVITIES IN THE PHILADELPHIA DAY CARE PROGRAM.
National Urban League
Philadelphia, Pa. 44 p. July 1974.
TX364.P34 F58
Child development, Child nutrition, Cooking instruction, Food preparation, Health, Nutrition education, Preschool children (2-5 years), Social factors.
Extract: The manual focuses on some of the basic concepts of nutrition education, the utilization of various educational media, and planning and coordinating a comprehensive nutrition education program. An example of a learning activity is given, followed by an outline of other nutrition activities which were tried with the children. The nutrition activities are described in terms of selected content, purpose of activity, methods of presentation, and the specific activities.

755-75
A COORDINATED NUTRITION EDUCATION ACTION PROGRAM IN THE ELEMENTARY CLASSROOM, THE SCHOOL LUNCH ROOM, AND THE HOME.
Nebraska, Dept. of Education, School Food Service
Lincoln, Nebraska 251 p. June 1974.
TX364.C6A F58
Administrative personnel, Consultants, Nebraska, Nutrition education, Nutritionists, Parent participation, Teacher education.
Abstract: This study examines the feasibility of employing a state level nutrition education consultant in Nebraska. Six schools participated in the project, three as experimental and three as controls. The objectives of the pilot project are described, and the work plan is outlined. The main goals of the projected program are furtherance of nutrition education among administrators, teachers, parents, and school food service managers, and the enhancement of child nutrition.

756-75
TOWARD BETTER HEALTH EDUCATION.
Carmen G Hess
Alive Well 1 (2): 16-17. June 1974.
S11.A4 F58
Behavior, Behavior change, Educational methods, Educational planning, Health education.
Abstract: With traditional health education efforts being relatively unsuccessful in influencing health habits of most Americans, this article, of interest to health educators, emphasizes the need for a greater understanding of human behavior. Data must therefore be collected to be used as a basis for determining the cause of behavior. Once a true cause has been determined, a possible solution can be prescribed which will usually be something more than traditional health information. Health educators should be total person oriented to truly make a difference.

757-75
NEW FACTS ABOUT PORK (MOTION PICTURE).
Chicago, National Live Stock and Meat Board 17 min. 16mm sd, color. 1970.
TX556.P8N6 F58 AV
Cooking methods, Digestion, Films, Food preparation, Meat, Nutrient quality, Pork, Pork products.
Abstract: In this film, NBC newsman Floyd Kalber interviews Dr. William Darby, Dr. Franz Ingelfinger, Dr. Dorothy Rowe, and Dr. Philip White. These nutrition scientists bring to light information on the nutrition contributions of pork, its role in special diets (including weight reduction) and new recommendations for cooking pork. Topics discussed include the difference between pork and the "new" leaner pork, digestibility, and common misconceptions about pork. It is directed toward professionals in the fields of medicine, nutrition, and dietetics and is also suitable for classroom use and general audiences.

758-75
MIXING THE MEDIA FOR CONTINUING EDUCATION.
Harold H Wiebel
J Am Dental Assoc 88: 1316-1318. June 1974.
RK1.J6 F58
Education, Educational methods, Films, Media selection, Methods, Teaching methods.
Abstract: This article, of interest to educators, highlights several types of instruction used in continuing education courses for dental training connected with the Veterans Administration hospitals. Media techniques are explored and the actual procedure employed for film making is described. The courses, besides incorporating these methods, also stress

759-75

individualized instruction, keeping classes small, and the student-instructor ratio high.

759-75
SINGLE SUBJECT FILMS--A NEW CONCEPT IN CONTINUING EDUCATION.
Harold S Wiebel
Med Insight 136 (5): 490-492. May 1971.
S11 M4 P5S
Audiovisual centers, Audiovisual equipment, Audiovisual instruction, Dental health, Dentists, Films.
Abstract: One of the ways for professionals to keep abreast of the new knowledge is continuing education in his chosen field. The difficulty arises when time must be found to attend the courses or lectures necessary. Single-subject teaching films can help. A single idea, principle, or technique is recorded on a 5-15 minute film cartridge to be viewed and reviewed without rewinding the film.

760-75
NOTES TO YOU: NUTRILAND SCHOOLBOOK KIT (KIT).
Chicago, Nutrition Dynamics 17 posters, charts, coloring books, 5 stuffed mute toys. 1970.
TX364.N842 P6S AV
Basic nutrition facts, Curriculum guides, Educational programs, Instructional materials, Nutrients, Nutrition education, School children (6-11 years), Teaching guides.
With 164 p. teacher's lesson guide, 40 badges, 40 buttons, 6 nutrigrams, 1 milk carton.
Abstract: This professionally-prepared, multi-phased nutrition program for children, K-3, contains a wide range of colored, durable charts, posters, workbooks, mobiles, stick-on badges, toys, and coloring books. There is much more information than can be incorporated into one unit in one grade, and the package may be more useful when purchasedby a school and different parts are used in several classes at different grade levels. Some materials such as the comparison charts would have added functions when used by the upper elementary grades. The Mutes (five nutrient groups) are stylized characters used throughout the materialnicknames such as Vity for vitamins. The program uses competitive games and external rewards such as badges. The nutrition information presented has been reasonably simplified. The program was developed for teachers without a nutrition background.

761-75
A TRAINER'S ALPHABET REVISITED.
Kevin O'Sullivan
Training Dev J 29 (5): 38-47. May 1975.
AM36.T7
Audiovisual instruction, Communication (Thought transfer), Group dynamics, Instructional materials, Training, Training techniques.
Abstract: Twenty-six random topic areas in training from a trainer's file: most of the items are involved with problem-solving; some are philosophic, and express underlying principles valuable in training situations.

762-75
OPPORTUNITY TO LEARN METRICS!
Judy Oppert
Ill Teacher 18 (2): 94-125. Nov/Dec 1974.
LB1025.I4 P6S
Correspondence study, Measurement, Metric system, Physical measurements, Teacher education.
Abstract: This correspondence course is designed to help home economics teachers learn and teach metrics. Organization of the course and enrollment information is presented along with two of eight lessons: "Why change to metrics?" and "Length". A study guide, pre-test, response sheet - to be used with the outlined learning activities, post-test and answer sheet are offered with each lesson.

763-75
RECOGNIZING ONE NUTRIENT DEFICIENCIES.
Judy Oppert
Ill Teacher xVII (3): 150-155. Jan/Feb 1974.
LB1025.I4 P6S
Class activities, Nutrition education, Nutritional deficiencies, Secondary education, Teaching methods.
Better health through better nutrition issue.
Abstract: Four different d ys' diets, each deficient in one of the four most commonly lacking nutrients (iron, calcium, and vitamins A and C) were displayed for students. The object for the students was to determine from examination of the foods displayed which nutrient was present at levels below 50% of the Recommended Dietary Allowances. This technique of teaching can be adapted to having students determine whether a given day's foods are adequate, or to suggest foods to make it so. Tables of the nutrients in the example menus are included. For secondary school students.

764-75
THIS IS STAY ON 7-0-0-D.
Judy Oppert, Carolyn J Wax
Ill Teacher xVII (3): 156-157. Jan/Feb 1974.
LB1025.I4 P6S
Basic nutrition facts, Class activities, Secondary education, Teaching methods.
Better health through better nutrition issue.
Abstract: High school students serve as panel members representing eleven common nutrients on a mock radio program, with the teacher as moderator, in this class activity. The rest of the class calls in questions for which answers from more than one nutrient may be appropriate. The students are supplied beforehand with basic information on the role of the nutrient he or she represents. Could be used with slight modifications for younger or adult groups. Twenty questions are included.

765-75
PICTORIAL ASSESSMENT AND SELECTION.
Wann D Ordenladi
Audiovisual Instruction 20 (1): 20-26. Jan 1975
LB1043.A835
Communication (Thought transfer), Illustrations, Instructional materials, Learning behavior, Teaching techniques.
Extract: The author surveyed a number of elementary school personnel to determine their views on the effective use of pictures in instruction. The survey resulted in a list of 2 criteria for assessing illustrative material.

766-75
STARTING A PRIVATE PRACTICE: ONE DIETITIAN'S EXPERIENCE.
Deborah Parant
New Haven, Conn., Deborah Parant 14 p. 1974.
RM217.P3 P6S
Diet counselling, Dietary consultants, Dietetics, Dietitians, Health personnel.
Abstract: This report outlines the basic considerations necessary in planning a private dietetics practice. The author, an independent practitioner and a registered dietitian, reports her experiences covering preliminary planning, promotion, financialcommitment, referrals and reports, fees, income and patient insurance. Some available references are also listed.

767-75
A HAPPY TEST DAY.
Marily B Markhurst, Anna Munson
Ill Teacher 18 (2): 75-76. Nov/Dec 1974.
LB1025.I4 P6S
Aptitude tests, Education, Educational methods, Testing, Tests.
Abstract: At times testing seems an end in itself rather than a means in the educational process. This article examines a method of testing whereby student strengths and weaknesses were assessed, student self-assessment was encouraged, fulfillment of specified objectives was determined and new objectives formulated. Strategies were designed to provide for varying individual abilities with oral and written components, pictures and words etc. Teachers noted a decrease in student anxiety level with this type of testing procedure.

768-75
CAREERS IN FOOD SERVICE (FILMSTRIP/CASSETTE).
Pathescope Educational Films
New Rochelle, N.Y. 2 filmstrips, 175 fr., col., 2 cassette tapes, 14 min. each. 1973.
TX943.C3 P6S AV
Academic achievement, Career choice, Career education, Career opportunities, Food service occupations, Food service workers, Individual characteristics.
With teacher's guide, also available with records.
Extract: The first filmstrip, part 1, provides the viewer with a broad picture of a career area, using interviews with real people working at real jobs. It relates a job to the profession or trade of which it is part. It stresses the relative importance of a given career to society in general. The filmstrip suggests to the young career-seeker the material, social and personal rewards implicit in each career. The second filmstrip, part 2 of the program, focuses on the details of a given career area. The vehicle here, as in part 1, is a series of interviews with people working successfully at a job, with people who supervise the work, and with people who hire others for the job.

769-75
CAREERS IN FOOD SERVICE (FILMSTRIP/RECORD).
Pathescope Educational Films
New Rochelle, N.Y. 2 filmstrips, 175 fr., col., 2 records, 14 min. each. 1973.
TX943.C3 P6S AV
Academic achievement, Career choice, Career education, Career opportunities, Food service occupations, Food service workers, Individual characteristics.
With teacher's guide, also available with audiocassettes.
Extract: The first filmstrip, part 1, provides the viewer with a broad picture of a career area, using interviews with real people working at real jobs. It relates a job to the profession or trade of which it is part. It stresses the relative importance of a given career to society in general. The filmstrip suggests to the young career--seeker the material, social and personal rewards implicit in each career. The second filmstrip, part 2 of the program, focuses on the details of a given career area. The vehicle here, as in part 1, is a series of interviews with people working successfully at a job, with people who supervise the work, and with people who hire others for the job.

770-75
DIETITIAN TEACHES PATIENTS VIA CLOSED-CIRCUIT TV.
J L Pender
CMI Weekly Rep 88 (2): 46-47. Feb 1966.
TX341.C6 P6S
Audiovisual aids, Audiovisual instruction, Diet improvement, Dietitians, Instructional aids, Instructional materials, Nutr-

ition education, Patient care, Televised instruction.
Extract: This dietitian teaches basic diet principles to diabetic and other patients via closed-circuit television and then discusses their individual problems with them in person. (The wife of a patient who required a very low sodium diet became so expert at preparing tasty salt-free meals that she became an adjunct to the dietitian's lessons, on screen and off). With TV, many can be reached at once and individual teaching is reinforced.

771-75
THE DIETETIC PARAPROFESSIONAL AND THE EXTERNAL DEGREE.
Thomas F Powers
J Am Diet Assoc 66 (3): 237-241. Mar 1975.
389.8 A512
Career education, Correspondence study, Curriculum, Curriculum planning, Dietetic technicians, Food service occupations, Instructional materials, Paraprofessional training.
Extract: At Pennsylvania State University, a program leading to an associate degree is being developed for the dietetic technician. Through correspondence study for credit and other avenues, dietetic paraprofessionals can prepare themselves for upgrading to supervisory roles calling for academic preparation. The need is particularly apparent in view of recently issued requirements that supervisory foodservice personnel in extended care facilities have 90 clock hours of instruction.

772-75
THE PROBLEM BOX.
Ill Teacher 17II (3): 147-148. Jan/Feb 1974.
LB1025.I8 F6W
Class activities, Nutrition education, Secondary education, Teaching methods.
Better health through better nutrition issue.
Abstract: The problems in the problem box deal with dietary situations that require practical applications of nutrition knowledge or information for solution. A list of 12 suggested problems is included in this brief article. The cited problems could be used with students from the junior high school level up. The idea could be adapted for use at other grade levels.

773-75
WHICH CAKE SHALL I SERVE? (TRANSPARENCIES).
Procter And Gamble, Educational Services
Cincinnati, Ohio 22 transparencies. [n.d.].
TX541.C2P64 F6W AV
Baking, Cakes, Food art, Nutrients, Nutrition education, Recipes.
With teacher's guide, fact sheet.
Abstract: This is essentially a lesson plan designed for concept teaching. Areas covered include basic nutrition facts, cake categories, recipe cakes, mixes and readymades. Criteria for judging the finished cake are included. A section deals with creativity in cake making and recipes are supplied. Transparencies are for use with an overhead projector, or can be used as reproduction masters.

774-75
WHAT SHOULD I KNOW ABOUT FATS AND OILS? (TRANSPARENCIES).
Procter And Gamble, Educational Services
Cincinnati, Ohio 16 transparencies. [n.d.].
TX554.C2P64 F6W AV
Baking, Batters and doughs, Fats and oils, Fried foods, Nutrients, Recipes.
With teacher's guide, fact sheet.
Abstract: This is essentially a lesson plan designed for concept teaching. The topics include nutrition basics, the nutritional aspects and characteristics of fats and oils, and the functions of fat in frying, baking, and pastry-making. Recipes for various fried dishes are included. Transparencies are for use with an overhead projector, or can be used as reproduction masters.

775-75
THE PROFESSION OF DIETETICS; THE REPORT OF THE STUDY COMMISSION ON DIETETICS.
Chicago, The American Dietetic Assn. 110 p. 1972.
HM218.P7 1972 F6W
American Dietetic Association, Career education, Dietetics, Dietitians, Education, Educational planning, Educational programs
Abstract: This report represents a study of all aspects of dietetics practice, education, and professional organization and the consequent recommendations that evolve from such a study. Major findings define the role of a dietitian, pinpoint several matters which result in the deficient education of a dietitian, and predict several alterations to be found in the dietetic practice of the future. Six recommendations cover specifics in education design, conditions for membership in the American Dietetic Association, registry and certification of members, and councils within the ADA to further the goals of the organization effectively.

776-75
DINNER THEATRE.
Suzanne Tate Reed
Ill Teacher 18 (1): 23-26. Sept/Oct.
LB1025.I8 F6W
Cooking instruction, Food preparation, Quantity, High school students, Home economics, Home economics education, Teaching, Teaching methods.
Abstract: This article discusses in detail the production of a dinner theatre in a Kansas City high school with the dinner for two hundred produced by the "Entertaining with foods" class. Preparation steps and considerations made by the class are discussed including steps in menu planning, type of meal service, serving ware selection, service, recipe costing, ticket selling, publicity, and decorations. Mechanics involved in food preparation the day of the dinner are described as are the specific details handled during the dinner. Home economics teachers will find the learning experience described of interest.

777-75
REHABILITATION FOR INDEPENDENT LIVING.
Forecast Home Econ 20 (9): f44-f45, f53-f54. May/June 1975.
221.8 F752
Cooking, Handicapped, Rehabilitation.
Extract: Retraining in kitchen skills is one of the most important aspects of rehabilitating the handicapped. Many women (and men) do not realize, until they take part in the homemaking skills program, that they will have to face household duties without the use of certain body parts. For the formerly competent cook, cleaner, and family manager, this can be a harsh realization.

778-75
THE SELECTION AND USE OF INSTRUCTIONAL MEDIA: A SYSTEMS APPROACH.
A J Romiszowski
New York, John Wiley And Sons 8 p. 1974.
LB1043.R6 F6W
Education, Educational methods, Educational resources, Instructional materials, Teaching methods.
Abstract: This book is designed to be a practical guide to the use of teaching aids for the practicing teacher. It presents and discusses the systems approach to course design based on the work of such educators as Bloom and Gagne, and the selection of instructional methods and media as part of such an approach. Teaching aids outlined include still media, sound media, simple audio and audio-visual media, film, television, teaching machines and programmed instruction, simulators and games. This book will be of interest not only to teachers but also to those concerned specifically with curriculum planning and instructional design.

779-75
CLUSTERS OF CHILD CARE COMPETENCIES COMMON TO HOMEMAKER/HOME HEALTH AIDES.
Evelyn Barky Buehr
Ames, Iowa, Home Economics Research Institute, Iowa State University leaflet, unpaged. 1969.
TX1.I5 NO. 3 F6W
Adult education, Career education, Educational planning, Educational programs, Paraprofessional training, Training.
Abstract: This publication was prepared as a result of four years of research in the concept of clustering a selected group of occupations which require some common home economics competencies. The leaflet provides suggestions for preparatory and/or pre-job training programs in these occupations. Those involved in the training of these paraprofessionals will find these suggested competencies helpful in program planning.

780-75
CLUSTERS OF FOOD PRODUCTION COMPETENCIES COMMON TO HOMEMAKER/-HOME HEALTH AIDES.
Evelyn Barky Buehr
Ames, Iowa, Home Economics Research Institute, Iowa State University Leaflet, unpaged. 1969.
TX1.I5 NO.2 F6W
Adult education, Career education, Cluster grouping, Educational planning, Educational programs, Paraprofessional training, Skills, Training.
Abstract: This publication was prepared as a result of four years of research in the concept of clustering a selected group of occupations which require some common home economics competencies. The leaflet provides suggestions for preparatory and/or pre-job training programs in these occupations. Those involved in the training of these paraprofessionals will find these suggested competencies helpful in program planning.

781-75
WHY TRAINING FAILS.
Ruth D Salinger
Training 12 (2): 28-33. Feb 1975.
HF1101.T7 F6W
Consultants, Educational objectives, Educational programs, Management, Productivity, Training.
Abstract: Many of the problems which lead to failure in training programs can be avoided by communication between managers and trainers. A six point cause and effect system in training failure is outlined and discussed.

782-75
CLASSROOM QUESTIONS; WHAT KINDS?
Norris M Sanders
New York, Harper and Row 178 p. 1966.
LB1027.S2 F6W
Education, Educational methods, Effective teaching, Learning, Planning, Questioning techniques.
Abstract: This book is designed to assist teachers and students in developing the art of classroom questioning. The major areas covered include: questions designed for more than memory; memory; translation; interpretation; application; analys-

783-75

is; synthesis; evaluation; planning for questioning.

783-75
MANAGEMENT 101: A SHORT COURSE FOR MANAGERS.
Burt P Scanlan
New York, John Wiley and Sons, Inc. 285 p. 1974.
HD31 S2 P6M
Communication (Thought transfer), Management, Management development, Management education, Motivation, Organization, Performance, Planning, Problem solving.
Extract: This course has been written to help managers at all levels to develop, enhance, and up-date their management skills. It is a self-pacing, individualized study program which calls for a high degree of involvement and active learning, while offering immediate feedback and evaluation of progress. It is designed for newly promoted managers who have not received formal business training, yet who need to learn new management techniques and to acquire the basic skills to manage effectively. The course is also ideally suited for technically trained individuals planning to move to management positions and for experienced managers requiring an effective refresher course.

784-75
I HAVE A HEALTHY BODY (COLORING BOOK).
School Days
Ft. Lauderdale, School Days 48 p. 1973.
RA777.I2 P6W (I have a healthy body. No. 1)
Bones, Coloring books, Exercise, Instructional materials, Muscles, Primary grades.
With teachers guide 27 p.
Abstract: This first in a series of curricula aids on health education for early childhood is devoted to muscles and bones and several everday exercises. The drawings in the coloring book depict young children demonstrating these exercises and discussing the location and function of muscle and bones, with much of the narrative set to rhyme. A teacher's guide outlines student objectives, teacher preparation, supplementary activities and a written narrative of a cassette, also available with this unit.

785-75
MEDIA IN TEACHING COLLEGE LEVEL NUTRITION.
Sarah H Short
J Am Diet Assoc 66 (6): 581-587. June 1975.
389 A M3a
Audiovisual aids, Audiovisual equipment, Audiovisual instruction, College students, Mass media, Nutrition education, Teaching techniques.
Extract: Innovative use of communication media has resultedin trieling the enrollment in college nutrition classes. The techniques are described, as well as evaluation of the learning achieved by students.

786-75
WE CAN COOK.
Vivien B Sitnick
Stephen Knolls School
Kensington, Maryland 146 p. 1973.
TX715.S5 P6W
Cookbooks, Cooking equipment (Small), Cooking instruction, Disadvantaged groups, Recipes.
Extract: The recipes in this book have been developed for the purpose of providing practical cooking experiences for academically handicapped young adults. The ultimate goal is to enable the young adult to function independently in the kitchen. It is hoped that after the student has prepared recipes, under the step-by-step guidance of the classroom teacher or parent, he will be able to prepare a variety of foods alone.

787-75
NUTRITION EDUCATION--A POSITIVE APPROACH.
Hazel Taylor Spitze
Ill Teacher xVII (3): 160-164. Jan/Feb 1974.
LB1025.I4 P6W
Behavior change, Caloric values, Nutrition education, Professional education, Teaching methods.
Abstract: this article for the teacher and nutrition educator offers a dozen suggestions for teaching a nutritional idea with a positive approach that may be expected to generate new positive behavior. One of the suggestions, for each individual to calculate his approximate energy needs, with the help of a table, is presented in the article. Apparently designed to be used in classes for teenagers, the ideas could, with little modification, be adapted for use with adult classes.

788-75
EFFECTIVE LISTENING: WHAT IS YOUR BAB-QT
Lyman K Steil
Cereal Foods World 20 (3): 136-138. Mar 1975.
59.8 C333
Behavior, Communication (Thought transfer), Communication skills, Independent study, Workshops.
Abstract: Listening capabilities and behavior are the focusof this article on communication skills. In general, listening behavior is ineffective and requires development. Organizational or self developmeent programs are productive. A bibliography on source materials is available through the author.

789-75
LEADERSHIP DEVELOPMENT AND TRAINING FOR HEAD START COORDINATORS OF NUTRITION AND COOK MANAGERS.
U.S., Bureau of Child Development Services
Washington, U.S. Dept. of Health, Education, and Welfare 58 p. Jan 1971.
TX820.L4 P6M
Head Start, Marketing, Menu planning, Nutritionists, Parent participation, Safety, Sanitation.
Abstract: A course of study for nutrition coordinators and cook managers to be used for improving the nutrition component in the Head Start program. There are lesson plans included to get an overview of the Head Start program, as well as the use of nutrition and food in the program. Each lesson plan includes the objectives for the lesson, the activities to be used in the class and the materials needed for each lesson. With certain lessons, suggested resources are also included.

790-75
NUTRITION EDUCATION PAPER--PENCIL GAMES (GAME).
U.S., Food and Nutrition Service
Washington, D.C. unp. July 1974.
TX364.N832 P6W (U.S. Food and nutrition service FNS-12')
Basic Four, Educational games, Fruits, Nutrients, Nutrition education, Vegetables, Vitamins.
Extract: The games are for use as ice breakers or warm up pieces at school food service training workshops, nutrition education classes, community health meetings, etc. One or more games might be played at the beginning of the meeting as an ice breaker, during a break to arouse interest or relax participants, or in the meeting as a teaching tool. Time needed to play the games range from 5 to 15 minutes, depending on the nutrition knowledge and experience of the participants.

791-75
THE GOOD FOODS COLORING BOOK (COLORING BOOK).
U.S., Food and Nutrition Service
Washington, D.C. unp. June 1973.
TX364.G62 P6W
Basic Four, Child nutrition, Coloring books, Nutrients, Nutrition education.
Abstract: This elementary level coloring book illustrates nutritious foods and describes the nutrients in each one. Suggestions for combinations are given for balanced meals.

792-75
PROMOTING CONSUMPTION OF NUTRITIOUS FOODS (FILMSTRIP/TAPE).
United Nations, Food and Agriculture Organization
Rome, Food and Agriculture Organizatioc 1 filmstrip, 117 fr , sd, 35mm, col., 1 reel tape. [n.d.].
TX364.P73 P6W AV
Advertising, Educational programs, Food habits, Food preferences, Marketing, Merchandising, Program design, Training techniques.
Abstract: This filmstrip examines the process and problems of conducting a food product promotion campaign and illustrates this with a fortified cereal food campaign conducted in an African country. Various elements of this campaign are discussed including product naming, package design, field testing, advertising theme, use of media, use of key group contacts, entertainment-oriented promotion, and campaign redesign. Some causes for product resistence are reviewed. Although specifically designed for use in food marketing and nutrition management training courses, this filmstrip could also be used with secondary level students and adults to spark discussion of factors affecting food selection and consequent approachable methods for improving food habits. It could also prove important in advertising evaluation exercises.

793-75
UNUSUAL CHEMISTRY COURSE FOCUSES ON FOOD.
Chem Eng News 52 (27): 29-30. July 8, 1974.
381 J825N
Educational methods, Food analysis, Teaching methods, Teaching techniques.
Abstract: This article describes a new approach used in the teaching of introductory chemistry to nonchemistry majors, particularly those interested in working in health sciences. The course begins with each student analysing a composite sample of foods he ate in a single day. This analysis is then used as a departure point for the study of general chemistry. Among topics covered are chemical measurements, separation procedures, nature of matter, chemical reactions, mass balance, acids, bases and pH. Elementary organic chemistry is also discussed. Content of current laboratory sessions and those also being developed is presented. Those and first year college students will find this approach of interest.

794-75
HOW I TEACH NUTRITION.
Joy Verwerka
Forecast Home Econ 20 (5): 038. Jan 1975.
321.8 H752
Caloric values, Nutrition education, Proteins, Recipes, Teaching techniques.
Abstract: Pupils prepare the same dish in various ways using alternate protein sources and evaluate the results. The recipes then are measured for calorie and protein content.

WHERE TO KICK: A TROUBLESHOOTER'S GUIDE FOR TEACHERS WHO DON'T NEED TROUBLE.
Phyllis Ward
Learning Resources 19 (3): 2-4. Mar 1974.
LB1043.A9 P6W
Audiovisual aids, Audiovisual equipment, Equipment maintenance, Instructional aids, Instructional materials, Instructional media, Maintenance.
Abstract: For teachers who know how to use and run audiovisual equipment, here are some helpful hints on what to do if something goes wrong with the (1) overhead projector, (2) filmstrip projector, (3) slide projector, (4) opaque projector, (5) record player, (6) tape recorder, (7) 8mm film loop projector, (8) 16mm projector, or (9) videotape recorder.

796-75
TEACHING WITHOUT A TEACHER VIA DISPLAYS.
Carolyn Wax
Ill Teacher xVII (3): 158-160. Jan/Feb 1974.
LB1025.I4 P6W
Adult nutrition education, Audiovisual aids, Basic nutrition facts, Teaching methods.
Better health through better nutrition issue.
Abstract: Sometimes people can be taught without a teacher, by means of well thought out displays or posters. These are most useful in places where people have to wait for considerable periods, such as clinics, doctors' offices, laundromats, or even on buses. This article describes a set of posters made to fit a hinged folding case, which can be carried from place to place, or wall-mounted, with changes in content from time to time. Five different sets are described, for adult education in public places. The article suggests that the technique could be used in high schools to teach nutrition to students by having them design and make the posters themselves.

797-75
TEACHING METRICS TO BEGINNERS.
Tommie A West
Today Educ 63 (4): 80-82. Nov/Dec 1974.
375.9 N213
Educational methods, Measurement, Metric system, Physical measurements, School children (6-11 years), Teaching methods.
Abstract: This article describes some ideas that teachers, however naive with regard to metrics, can use in teaching the subject. Ideas presented include methods for measuring distance and constructing scales, specific ideas for practice in measuring, some activities which develop estimating distance ability, and practice acitivities for measuring and estimating weight and capacity. Primary and early intermediate grade teachers may find this material particularly helpful.

798-75
EXPLORING THE OPEN CLASSROOM.
Jeane Westin
Weight Watchers 8 (12): 38-39, 60-61. Jan 1975.
RC628.W4 P6W
Education, Educational methods, Educational programs, Educational theories, Methods, Open plan schools, Teaching methods.
Abstract: Open classrooms, an informal educational method, is generally discussed in this article written for the lay person. Individual instruction, student goals and assignments, the use of learning centers, teacher involvement and team teaching, and class structure are a few of the points presented. Sample viewpoints on the approach from participating students, parents and teachers are also presented including a few criticisms. Those involved in teaching or instructional design should be aware of this teaching method currently being advocated.

799-75
WHAT'S IN THE BOX?
Ill Teacher xVII (3): 166. Jan/Feb 1974.
LB1025.I4 P6W
Class activities, Classroom games, Secondary education, Teaching methods.
Better health through better nutrition issue.
Abstract: The box contains some food item which the students have not seen. In order to find out what it is, they may ask the teacher any question related to nutrition about the food which may be answered by yes or no. A yes answer allows the questioning to continue. The level of questioning and hence learning could be modified to suit the age group taught. In the example it is suitable for junior high or perhaps high school students.

800-75
EVALUATING THE MEDIA.
Irene Wood
Audiovisual Instruction 20 (4): 6-8. Apr 1975.
LB1043.A815
Audiovisual aids, Evaluation, Standards.
Extract: In discussing the evaluation techniques used in the selection of non-print media, we must consider first the non-print materials market and the particular needs of both producers and users of the media. We will examine how the need for selection and evaluation of non-print media stems from the current market and production trends, and see the ways in which reviews can benefit both distributors and media specialists.



801-75
PREVIEW--ONE STEP IN THE SELECTION PROCESS.
Blanche Woolls, David V Loertscher
Audiovisual Instruction 20 (4): 21-23. Apr 1975.
LB1043.A815
Audiovisual aids, Evaluation, Instructional materials.
Extract: Previews of materials can have many positive results It may create an awareness of the availability of audiovisual materials, it may increase patron use of such materials; and it may increase the use of media center materials in general It will decrease the chances of purchasing white elephants

802-75
YOUR FOOD--CHANCE OR CHOICE? (FILMSTRIP/CASSETTE TAPE).
Chicago, National Dairy Council 1 filmstrip. 106 fr. 35mm. color. 1 cassette tape. 8/a. 1971.
TX551.Y6 P6W AV
Adolescents (12-19 years), Basic Four, Food guides, Food habits.
With 16 p. teacher's guide, illus. narrative.
Abstract: This filmstrip is structured in 3 parts, with provision for two stops of "discussion breaks." The first section shows ways in which teen-agers encounter food in their daily lives, leading to a consideration of "A guide to good eating" as a basis for making intelligent food choices. The second section introduces four steps in decision-making, leading to discussion of why individuals make different kinds of choices The third section summarizes the choice-making process as it relates to food and emphasizes the many alternatives provided in the Four Food Groups, it points out factors that limit food choices. A final sequence of music and action scenes highlights the active teen-ager's daily demands for energy, stamina, alertness, fitness, and health.

803-75
YOUR FOOD-CHANCE OR CHOICE? (FILMSTRIP/RECORD).
Chicago, National Dairy Council 1 filmstrip. 106 fr. 35mm. color. 1 record. 33 1/3rpm. 8/a. 1971.
TX551.Y6 P6W AV
Adolescents (12-19 years), Basic Four, Food guides, Food habits.
With 16. teachers's guide, illus. narrative.
Abstract: This filmstrip is structured into 3 parts, with provision for two stops or "discussion breaks." The first section shows ways in which teen-agers encounter food in their daily lives, leading to a consideration of "A guide to good eating" as a basis for making intelligent food choices. The second section introduces four steps in decision-making, leading to discussion of why individuals make different kinds of choices. The third section summarizes the choice-making process as it relates to food and emphasizes the many alternatives provided in the Four food Groups, it points out factors that limit food choices. A final sequence of music and action scenes highlights the active teen-ager's daily demands for energy, stamina, alertness, fitness, health.

# MENU PLANNING

804-75
THE COMPUTER DIET, A WEIGHT CONTROL GUIDE.
Vincent Antonetti
New York, M. Evans and Co. 202 p. 1973.
RM222.2.A57 P6W
Obesity, Weight, Weight control, Weight loss, Weight reduction.
Abstract: The author presents a weight loss program based on mathematically determined weight change equations from which several computer-calculated tables emerge. The table dominated format includes calorie tables for desired weight loss, calorie tables for weight maintenance, weight maintenance menu tables, sample menu plans for specific calorie levels and a listing of caloric values for selected foods. Thus the content of the tables presents diets of varying caloric deficit and meal patterns based on an exchange system. Those considering weight loss will find this resource of interest.

805-75
ATTRACTIVE WAYS TO REDUCE MENU COSTS.
Food Management 9(6): 50-56, 71-75. June 1975.
TX341.F69
Economics, Extruded foods, Menu planning, New Jersey, Recipes, School lunch programs, Type A lunch.
Abstract: Extruded and pre-portioned foods are being used to keep menu cost reasonable in elementary schools in Trenton, New Jersey. A central kitchen preparing hot lunches has increased participation, but retaining the student's interest is an ongoing effort. Eight recipe suggestions are included.

806-75

806-75
HALLOWEEN MENU.
Cling Peach Advisory Board
San Francisco, Calif. unpaged. [n.d.].
TX739.H3 P6M
Basic Four, Child nutrition, Educational games, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

807-75
INTERNATIONAL DAY MENU.
Cling Peach Advisory Board
San Francisco, Calif. unpaged. [n.d.].
TX739.I5 P6M
Basic Four, Child nutrition, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

808-75
EASTER MENU.
Cling Peach Advisory Board
San Francisco, Calif. Unpaged. [n.d.].
TX739.E2 P6M
Basic Four, Child nutrition, Educational games, Holiday foods, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

809-75
SOUTHERN MENU.
Cling Peach Advisory Board
San Francisco, Calif. unpaged. [n.d.].
TX739.S6 P6M
Basic Four, Child nutrition, Educational games, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

810-75
THANKSGIVING MENU.
Cling Peach Advisory Board
San Francisco, Calif. Unpaged. [n.d.].
TX739.T6 P6M
Basic Four, Child nutrition, Educational games, Holiday foods, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

811-75
COLUMBUS DAY MENU.
Cling Peach Advisory Board
San Francisco, Calif. unpaged. [n.d.].
TX739.C6 P6M
Basic Four, Child nutrition, Educational games, Holiday foods, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

812-75
ALL AMERICAN MENU.
Cling Peach Advisory Board
San Francisco, Calif. unpaged. [n.d.].
TX739.A4 P6M
Basic Four, Child nutrition, Educational games, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

813-75
VALENTINE MENU.
Cling Peach Advisory Board
San Francisco, Calif. Unpaged. [n.d.].
TX739.V3 P6M
Basic Four, Child nutrition, Educational games, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

814-75
BASEBALL MENU.
Cling Peach Advisory Board
San Francisco, Calif. unpaged. [n.d.].
TX739.B3 P6M
Basic Four, Child nutrition, Educational games, Nutrient requirements, Nutrients, Nutrition education, School lunch programs, Type A lunch.
Abstract: The menu is accompanied by games and illustrations emphasizing the four basic food groups and their nutrient contents. The objectives are teaching the basics of nutrition and coordinating classroom instruction with the lunchroom experience. A lesson plan is included.

815-75
DELICIOUS SPANISH MEALS FOR PREGNANT WOMEN AND THEIR FAMILIES--FOR ONE WEEK. (SPA)
E F Daily, S H Page
New York, N.Y. 35 p. Mar 1970.
TX361.D32 P6M
Diet information, Ethnic foods, Family nutrition, Food preparation, Home, Meal planning, Pregnancy diets, Pregnant women, Recipes, Spanish Americans.
Title of Original: Comidas deliciosas hispanas para las mujeres embarazadas y sus familias--para una semana.
Abstract: The menus and recipes in this booklet have been set up for one week as a dietary guide during pregnancy. All meals are based on traditional Spanish foods, but the dishes are slightly lower in salt and fat. Other family members can add salt if they wish. All the recipes can be prepared with donated foods. Since food prices are high and fluctuate according to season. The foods in this book represent good buys according to the time of year.

816-75
DESSERT-O-RAMA IV.
Cooking for Profit 44 (292): 22-28, 34-35. Apr 1975.
TX901.C65
Convenience foods, Desserts, Directories, Profit, Recipes
Abstract: Low-cost, attractive, convenience desserts are described and depicted. A large variety of serving suggestions and a product guide are included.

817-75
EVERY BODY NEEDS...
Institl/vol Feeding 76 (5): 60-64, 73-79. Mar 1975.
TX1.I55
Basic Four, Convenience foods, Menu planning, Nutrient functions, Nutrient sources, Nutrients.
Abstract: A listing of nutrients in various foods and their effects is supplied for assistance in menu planning in food service. Appearance is a major factor in consumer acceptance Proper selection from the Basic Four will aid in maintaining good nutrition.

818-75
WHY CAN'T YOU SERVE CASSOULET TOULOUSAIN EVERY NIGHT OF THE WEEK?
Tom Farr
Food Management 10 (5): 46-50. May 1975.
TX341.F69
College food service, Cookery, International, Cycle menus, Food cost, Student participation.
Extract: Foodservice at Yale is an international experience--tempting dishes from around the world are a regular feature on each of its 11 cycle menus.

819-75
COMPARISON OF TYPE A AND NUTRIENT STANDARD MENUS FOR SCHOOL LUNCH: NUTRIENT STANDARD METHOD (NSM).
Anthony L Frey, Judson M Harper, Richard D Jansen
J Am Diet Assoc 66 (3): 242-248. Mar 1975.
389.8 AM34
Child nutrition, Menu planning, National School Lunch Program, Nutrient standards, School lunch, Type A lunch.
Extract: Methodology for planning menus based on a nutrient standard was developed and tested. The nutrient composition of individual menu items was calculated using data in Agriculture Handbook No. 8. All nutrient compositions were converted to bead units, which were summed on an abacus-like device until the nutrient standard was met. The methodology was tested by five school lunch menu planners and found to be workable. Menu planning methodology and examples are given.

820-75
COMPARISON OF TYPE A AND NUTRIENT STANDARD MENUS FOR SCHOOL LUNCH: 2:MANAGEMENT ASPECTS.
Judson M Harper, G Richard Jansen, Robertr M Crews
J Am Diet Assoc 66 (3): 249-254. Mar 1975.
389.8 AM34
Child nutrition, Food service management, Management, Menu planning, National School Lunch Program, Nutrient standards, School lunch, Type A lunch.

Extract: Twenty-nine menu planners served Type A and nutrient standard method menus to fifth and tenth grade students and compared the two menu planning methods. No changes in student participation in school lunch, food costs, or labor costs were demonstrated. Work functions changed slightly with the NSM. Sixty per cent of the menu planners preferred it because it assured nutritional adequacy, increased flexibility, and showed potential for nutrition education.

821-75
COMPARISON OF TYPE A AND NUTRIENT STANDARD MENUS FOR SCHOOL LUNCH: 3: NUTRITIVE CONTENT OF MENUS AND ACCEPTABILITY.
G Richard Jansen, Judson S Harper, Anthony L Frey
J Am Diet Assoc 66 (3): 254-261. Mar 1975.
389.8 AM34
Child nutrition, Menu planning, National School Lunch Program, Nutrient standards, Nutrient values, School lunch, Type A lunch.
Extract: Calculated nutritional values of Type A and nutrient standard method (NSM) school lunches as planned for, served to, and eaten by fifth and tenth grade students were compared. Although differences were small, NSM menus provided significantly higher levels of most nutrients. Calories, iron, and thiamin were consistently consumed at levels below the standard with both menu planning methods. Students' ratings of acceptability of menu items given before they ate individual dishes correlated highly with actual consumption.

822-75
KANSAS SCHOOL FOOD SERVICE, MENU PLANNING BOOK (1975-76).
Kansas, State Dept of Education, School Food Services Section
Topeka, Kansas 21 p. 1975.
TX945.K32 1975-6 F&N
Child nutrition, Food cost, Food safety, Food service training, Human relations, Menu planning, School food service, Type A lunch, Work flow.
Abstract: In addition to being a guide to menu planning; this booklet supplies information on minimum requirements for the type A lunch, child nutrition, management policy, human relations, and work schedules. Food safety is covered as are food cost and measures. Tables of accepted school lunch foods are supplied and allowable proportions of alternates listed.

823-75
FAST MEALS THAT PLEASE. (SPA)
National Dairy Council
Chicago, Ill. unp. 1968.
TX652.7.N3 F&N
Cooking methods, Food guides, Food preparation, Home, Meal planning, Menu planning.
Title of Original: Comidas faciles que complacen.Brochure written in Spanish with teacher's guide written in English.
Abstract: Here is a set of menu plans for breakfast, lunch, and dinner, plus snack suggestions. All meals are easy to make and require only one pot, casserole, or skillet.

824-75
WHAT TO FEED YOUR FAMILY. (SPA)
National Dairy Council
Chicago, Ill. unp. 1970.
TX367.N32 F&N AV
Basic Four, Diet information, Food groups, Food guides, Food intake, Meal planning.
Title of Original: Lo que debe dar de comer a su familia. Brochure written in Spanish with teacher's guide written in English.
Abstract: Healthy families should have daily servings of foods from each of the Basic Four groups.

825-75
LOW-COST FOODS. (SPA)
Northeast District University Hospital, Nutrition and Dietetics Section
Caparra Heights, P.R. unp. [n.d.].
TX356.W6 F&N
Budgeting, Cost effectiveness, Food groups, Food guides, Food prices, Food selection, Meal planning, Money management, Recipes.
Title of Original: Alimentacion a bajo costo.
Abstract: In order not to waste food money, shoppers should first plan out the family meals for a week or two in advance and then buy only those foods included in the plan. Recipes for nutritious, low-cost dishes show homemakers what can be accomplished with very little money.

826-75
MEAL PLANNING GUIDE.
Pet Incorporated
Saint Louis, Missouri 12 p. 1969.
TX728.M4 F&N
Basic Four, Food preparation, Food selection, Menu planning, Nutrients, Recipes.
Extract: Within the booklet is information basic to meal planning, food selection and recipe preparation. The natural groupings of foods according to their nutritive contributions and the role of nutrients in good health are clearly outlined and illustrated.

827-75
SOUP: AN UNLIMITED MENU RESOURCE.
Food Serv 37 (3): 17-18, 23-28. Mar 1975.
389.2538 F732
Cycle menu, Marketing, Menu planning, Merchandising, Profit, Recipes, Soups.
Abstract: The marketing and merchandising potential of soup is discussed. Several recipes are supplied and a thirty-day menu cycle based on easily prepared soups is presented.

828-75
MEAL PLANNING. (SPA)
Texas A & M University, Agricultural Extension Service
College Station, Tex. 5 p. Oct 1965.
TX361.T4 F&N
Breakfast, Diet information, Dinner, Food guides, Food selection, Lunch, Meal planning.
Abstract: Here is a basic menu and food selection guide to help homemakers plan nutritious meals.

# FOOD PREPARATION AND PRODUCTION

829-75
CONVERSION TO METRIC SYSTEM; ORDER OR CHAOS? (AUDIOCASSETTE).
American Home Economics Assoc.
Washington, D.C. 1 audiocassette. 85 min. 1 7/8 ips. 2 s. [n.d.].
QC93.C62 F&N AV
Conversion, Metric system.
Abstract: In this recording of a seminar, four panelists discuss the impact of conversion to the metric system on several areas including food preparation and the selection and purchasing of household equipment.

830-75
AROUND THE MENU WITH STEAM COOKING.
Cooking for Profit 44 (295): 30-37. Feb 1975.
TX901.C65
Cooking equipment (Large), Eggs, Food preparation, Food quality, Nutrient retention, Spaghetti, Steaming.
Abstract: Several types of steam cookers are described and their features noted. Suitable cuts of meat for steam cookery are listed and guides to cooking eggs and spaghetti are included.

831-75
RETAIL BEEF CUTS IN CALIFORNIA (CHART).
California Beef Council
Burlingame, California Beef Council one chart, 8"x11", col. [n.d.].
TX373.C3 F&N
Beef, Cooking methods, Meat cuts, Meat products.
Abstract: This chart pictures leading retail cuts of beef from each primal section of the animal. Also included are popular store names for each retail cut and appropriate cooking suggestions. The chart could be used in training food service personnel and in general consumer nutrition education programs.

832-75
COOKING WITH GRAMS.
Marianna Z Cochran
J Home Econ 67 (1): 31-38. Jan 1975.
321.8 J82
Cooking, Cooking equipment (Small), Metric system.
Extract: Metric measurements are the wave of the not-so-distant future. Today's classroom students, the consumers and homemakers of tomorrow, must be prepared for that future--one based on grams, liters, meters, and degrees Celsius. This article suggests ways and methods for teaching students to think metric.

833-75
COOKING WITH OVEN FILM.
Cooking for Profit 43 (288): 10. Dec 1974.
TX901.C65
Food service, Oven cookery, Oven cooking bags, Recipes.
Abstract: The new oven films cut down cooking and preparation times and eliminate basting. Several quantity recipes are supplied.

834-75
NUTRITION PLAN FOR MIGRANT DAY-CARE CENTERS.
Bonnie Lou Cress
Denver, Colorado State Department of Public Health 32 p. [n.d.].
TX361.A8C7 F&N
Day care programs, Day care services, Menu design, Menu planning, Migrant workers, Recipes.
Abstract: This nutrition plan is basically a fifteen day menu for use in a migrant day care center and directions for production of these menus. These directions include market order, surplus commodity food order, foods to be purchased from General Services Administration, recipes, a guide to serving size, equipment needed, and guidelines for food storage. The introd-

835-75

actory page lists the functions of the nutrition program and suggests several activities for offering nutrition experiences to the child. Those working with young children in a nursery school or day care center should find these suggestions of interest.

835-75
DOB HOSSLER'S 5.5 MILLION DOLLAR SUPER KITCHEN.
Food Management 10 (4): 36-43, 66-68, 78. Apr 1975.
TX341.F69
Automation, Buildings, Central Kitchen, Cooking equipment (Large), Innovation, Kitchens, Satellite, School food service.
Abstract: A mammoth two-story centralized kitchen capable of producing 50,000 meals per day to satellite Pittsburgh's 99 public schools is now in operation. The kitchen's layout, equipment, personnel, and innovations are described.

836-75
CONVERTING RECIPES TO THE METRIC SYSTEM: PART I--"THINK METRIC".
Myrtle H Ericson
Cornell Hotel Restaurant Admin Quarterly 16 (1): 28-28, 32. May 1975.
TX901.C67
Conversion, Food service industry, Metric system, Recipes.
Abstract: The history of metrication, reasons for conversion, and its impact on the food industry are discussed. Conversion tables covering liquid and solid measures, and temperature are provided, as are recipe conversion aids.

837-75
THE ECONOMICS OF MAKING GOOD COFFEE.
Evelyn Evans
Food Serv Mark 36 (12): 26-32. Dec 1974.
389.2538 F732
Coffee, Cooking equipment (Large), Cooking techniques, Economics, Food preparation, Food storage, Sanitation, Taste.
Abstract: Six requirements for brewing good coffee are given and include: clean equipment, good water, proper temperature, proper grind, proper formula, and proper time. Another important factor is storage. Instructions for using electric urns are given.

838-75
WILLIAM JEWELL BAKES ITS OWN.
Tom Parr
Food Management 10 (4): 52-55, 79. Apr 1975.
TX341.F69
Baked goods, Baking, College food service, College students, Colleges, Missouri, Student participation.
Abstract: At this Liberty, Missouri college, fresh-baked rolls and pastries are supplied at all three meals to 1330 students. Home-made desserts also are included on the menu. The food service operation at Jewell is described in detail.

839-75
GOING METRIC.
Macaroni J 56 (11): 27. Mar 1975.
298.8 M86
Metric system.
Abstract: The reasons for changing to the metric system include fast learning, easier use, and economic reasons. The system is explained and a table of common equivalents is included.

840-75
METRIC CONVERTER (SLIDE RULE).
Graphic Calculator Co.
Chicago, National Live Stock and Meat Board 1 slide rule, 8 1/2"x3 3/4", cardboard, 2 sides. 1973.
QC93.M62 F6#
Calculators, Conversion, Conversion factors, Measurement, Metric system.
Abstract: This converter is a slide rule type instrument that could be used in converting measurements of length, mass, area, and volume into metric units. It also contains ruler type edges in inches and centimetres. On the reverse side is a conversion table for various measurements, a list of prefixes and their meaning, a Fahrenheit and Celsius (centigrade) temperature converter fractional inches with corresponding decimal inches and millimetres, a basic logarithmic slide rule, and a converter for miles per hour and pounds per square inch into metric units. Those working in various professions, including food service, may find this converter helpful.

841-75
"BABY BEEF" REAPPEARS (FEB. 1975).
Christine J Hager
Natl Food Situation p. 32-33. Feb 1975.
1.981 S2F73
Beef, Food cost, Marketing, Meat cuts, Meat grades, Merchandising.
Extract: Retailers promoting baby beef during October, November, and December of 1974 were located mainly in the South and Southwest. Price comparisons between cuts from baby beef and heavier beef revealed lower prices for some cuts of baby beef.

842-75
HAVING YOUR TYPE A AND EATING IT TOO.
Sch Foodserv J 29 (5): 37-40. May 1975.
389.8 SC86
Food service training, Management, Merchandising, New York (State), Nutrition education, School food service, School lunch, Student participation, Type A lunch.
Extract: A Poughkeepsie, New York school lunch director has discovered the way to serve type A lunches. Give the kids a choice, even elementary students, and get them to eat too.

843-75
HENRICI'S L'OMELETTE.
Food Serv Mark 37 (3): 32-34. Apr 1975.
389.2538 F732
Chicago, Eggs, Food preparation, Profit, Recipes, Restaurants
Abstract: This Chicago restaurant serves popular and profitable omelettes. The recipe and preparation instructions for the Chicago Omelette are supplied.

844-75
HOT LUNCH HAPPENING.
Sch Foodserv J 29 (5): 41-42. May 1975.
389.8 SC86
Holiday foods, Merchandising, School food service, School lunch, Student participation, Virginia.
Extract: Staging a hot lunch happening once a month is this school food service director's way of merchandising school lunch in Hampton, Virginia.

845-75
HOW TO SAVE UP TO 27.4% IN MEAT SHRINKAGE.
Cooking for Profit #4 (293): 36, 38. May 1975.
TX901.C65
Cooking techniques, Meat, Meat cuts, Meat grades, Roasting.
Abstract: Procedures for cutting meat shrinkage were developed through a technique called Factor Analysis Guide. They include proper selection of grade and cut, rack roasting, use of oven and meat thermometers, temperature control, rest allowance, and correct portioning.

846-75
INTRODUCTORY FOODS. 5d ed.
Omee Hughes, Marion Bennion
New York, Macmillan 585 p., illus. 1970.
TX354.H8 1970 F&N
College students, Food composition, Food preparation, Food purchasing, Food serving methods, Food specifications, Food storage, Textbooks.
Abstract: This text, designed for elementary food classes, presents basic information on foods and nutrition. Fundamental nutrition information is covered in the first chapter with the majority of the remaining chapters each presenting information on a specific group of foods. Points covered include nutrient contribution of the food, physical properties, methods used in processing, and tips on purchasing, storage, preparation methods, and serving suggestions. Some recipes and methods of using the recipes in menu planning are included. Additional chapters discuss food preservation, meal planning, and meal service. The appendix presents information on weights and measures, temperature control, and a glossary of terms.

847-75
FACTS EVERY COOK SHOULD KNOW.
Kansas, State Dept of Education, School Food Services Section
Topeka, Kansas 28 p. 1975.
TX355.F39 F&N
Cooking equipment (Large), Cooks, Food preparation, Manuals, Menu planning, Safety, Sanitation, School food service, Work simplification.
Abstract: Various sections of this manual deal with menu planning, standardized recipes, terminology, and measurements. Hints on food preparation and work simplification are supplied. A detailed list of cooking equipment covers selection, safety guides, and cleaning procedures.

848-75
MAIN DISH MANUAL.
Kansas, State Dept of Education, School Food Services Section
Topeka, Kansas 75 p. 1975.
TX355.M37 F&N
Food cost, Food preparation, Food service training, Main dishes, Manuals, School food service, Standardized recipes, Type A lunch.
Abstract: This training manual supplies cooking methods, preparation hints, and recipes for Type A lunch entrees, including weiners and luncheon, ground beef, pasta and rice, meat and meat substitutes, poultry, fish, and variety meats. One section covers costing and adjusting of standardized recipes.

849-75
FRUITS AND VEGETABLES MANUAL.
Kansas, State Dept. of Education, School Food Services Section
Topeka, Kansas 44 p. 1975.
TX392.A5F7 F&N
Desserts, Food preparation, Fruits, Recipes, Salad dressings, Salads, School food service, Type A lunch, Vegetables.
Abstract: This food service training manual supplies information on the uses of fruits and vegetables in type A lunches. The materials cover preparation of salads, creamed and scalloped dishes, salad dressings and desserts. Recipe adjustment is covered as are the techniques for creating salads without recipes.

850-75
HOW TO METRICOOK.
Maple Leaf Mills Limited
Toronto, Ontario Unpaged. 1975.
OC93.M6 F6M
Baked goods, Cooking, Metric system, Recipes.
Abstract: Recipes for various baked goods are supplied with metric measures.

851-75
MERCHANDISING MAKES THE LUNCH GO ROUND.
Sch Foodserv J 29 (5): 28-29. May 1975.
389.8 SCH6
Attitudes, Food service training, Merchandising, Plate waste, School food service, School lunch, Student participation.
Extract: Garnishes, appetizing foods that kids like and personnel training all make up the definition of merchandising. And successful merchandising may be the difference between high and low participation and high and low plate waste.

852-75
MERCHANDISING: USING EYE APPEAL TO SELL THE MEAL.
Type A Topics 4 p. Jan 1975.
TX341.T9 F6M
Food preparation, Food service management, Merchandising, School food service, Student participation, Type A lunch.
Extract: Merchandising the Type A lunch means "selling" both the school lunch and the school lunch program. Put another way, it means encouraging the students (your "customers") to choose a Type A lunch every school day. You can easily spice up a lunch with a garnish or two; or you can spruce up a lunchroom with bright colors and lively decorations. You can also fill the air with the heady fragrance of freshly baked bread. There are many things you can do to make Type A lunches more popular.

853-75
THINK METRIC (POSTER).
National Microfilm Association
Silver Spring, MD. 6 posters. color. 48 x 56 cm. 1972.
OC93.T4 F6M AV
Conversion, Metric system.
Abstract: This set of posters illustrates examples of linear, volumetric, mass, and temperature conversions to the metric system.

854-75
A COMPARISON OF RECONSTITUTION TECHNIQUES.
Peter Rainsford
Cornell Hotel Restaurant Admin Quarterly 16 (1): 68-69. May 1975.
TX901.C67
Cooking methods, Food quality, Frozen foods, Main dishes, Taste, Taste panels.
Extract: The food service operator may defrost precooked frozen entrees prior to reconstitution without fear of detectable organoleptic changes in the finished product. If products are defrosted, it should be accomplished under refrigeration for microbiological reasons. Whether to defrost or not is thus a managerial decision that should be based on system needs and equipment capacity.

855-75
YOUR METRIC FACTS FOR DAILY LIVING.
Realty Facts
Warwick, New York Unpaged. 1974.
OC93.Y6 F6M
Conversion, Metric system.
Abstract: A history and the reasons for conversion of measurement to metrics are supplied. Conversion tables are contained.

856-75
PROBLEM: HOW TO INTRODUCE THE METRIC SYSTEM; SOLUTION: GRADUALLY CONVERT RECIPES AND TOOLS.
Geneva Reichert
Food Management 10 (6): 69. June 1975.
TX341.F69
Conversion, Food service workers, Metric system.
Abstract: The effects of conversion to the metric system on food service is discussed and suggestions for implementing the changeover are offered. It is noted that conversion costs are tax deductible.

857-75
SAFE & AND FOOD VALUE IN COOKING VEGETABLES.
NOTRAN p. 10-11. Oct/Nov 1974.
TX341.N82 F6M
Boiling, Cooking, Cooking methods, Cooking techniques, Food preparation, Vegetables.
Abstract: This brief article offers several tips on the cooking of vegetables to help retain their food value. These tips stress cooking vegetables with skins on or in large pieces, in as little water as possible, in a tightly covered pan. And quickly, stir frying is recommended as an alternative cooking method for vegetables to retain food value. It is also recommended that any cooking water from vegetable cooking be saved for later use in soups, gravies, etc. Those involved in food preparation should be aware of these recommendations.

858-75
THE METRIC QUESTION.
LeRoy Schattschneider
Snack Food 63 (7): 40-41. July 1974.
389.8 C8M
Food industry, History, Measurement, Metric system, Physical measurements.
Abstract: This article discusses the problems of transition in the United States to the metric system of measurement. The history of the metric system is briefly presented as are examples of current use of the system presently in the United States. Training is suggested for school-aged children and employees. Special problems for the food industry in terms of package weights and new packages, equipment, general plant conversion, and cost are also discussed.

859-75
SANDWICH PREPARATION.
Ser-Vo-Tel Institute
Boston, Cahners Books 124 p. 1975.
TX818.S22 F6M (Foodservice Career Education Series FS11)
Careers, Food preparation, Food service occupations, Food storage, Sandwich-making, Sandwiches, Sanitation.
Extract: Sandwich making involves many aspects of food care and preparation. No matter which type of restaurant the sandwich maker works in, he needs basic competencies. He must have a working knowledge of the proper sanitation principles and procedures that underlie all phases of foodservice. He must know the proper procedures for food storage. He must be able to prepare quality sandwiches efficiently and to plate them attractively.

860-75
PROFITABLE PASTA MERCHANDISING.
Bruce Smith
Food Serv 37 (2): 28-32, 43. Feb 1975.
389.2538 F732
Alimentary pastes, Desserts, Main dishes, Merchandising, Profit, Recipes, Salads.
Extract: Pasta is a natural extender of many of the nation's favored food forms: meat, fish and poultry. This guide to the usage of pasta products covers a variety of menu categories including entree, salad and dessert.

861-75
STANDARDIZED RECIPES; TRIED AND TRUE.
Type A Topics 4 p. Apr 1975.
TX341.T9 F6M
Equipment, Food quality, Food service management, Food storage, School food service, Standardized recipes.
Abstract: Standardized recipes are defined and described, and their uses explained. They can be useful to management in terms of acceptability, food and labor costs, and in training personnel. Several sources of these recipes are listed; a crossword puzzle is included.

862-75
BASIC PRINCIPLES FOR COOKING VEGETABLES. (SPA)
D F Valentin
Rio Piedras, P.R. 7 p. Apr 5, 1966.
TX801.V3 F6M
Cooking methods, Cooking techniques, Food preparation, Home, Foods instruction, Vegetables.
Title of Original: Principios basicos en la coccion de vegetales.
Abstract: The secret to cooking vegetables is to do it quickly so as to retain the nutrients. This article tells how.

863-75
BASIC PRINCIPLES OF FOOD PREPARATION--STARCHES AND CEREALS. (SPA)
E F Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 8 p. Feb 18, 1969.
TX809.V3 F6M
Baked goods, Cooking techniques, Corn, Food preparation, Home, Foods instruction, Grain products, Rice.
Title of Original: Principios basicos en preparacion de alimentos--almidones y cereales.
Abstract: Here is a lecture on how to prepare corn, rice, and other starch and cereal grains.

864-75
BAKED GOODS. (SPA)
E F Valentin
Puerto Rico, University, Agricultural Extension Service
Rio Piedras, P.R. 18 p. Mar 15, 1966.
TX683.V3 F6M
Baked goods, Breads, Cooking techniques, Food preparation, Home, Foods instruction.
Title of Original: Productos horneados.
Abstract: Here are helpful instructions for insuring good quality baked goods made at home.

865-75
SALADS: COOL, CRISP AND COLORFUL.
Don Vogt
Sch Foodserv J 29 (5): 30-32. May 1975.
389.8 SCH6
Cycle menu, Illinois, Merchandising, Salads, School food service, School lunch, Student participation, Type A lunch.
Extract: During the spring months, getting students in the

866-75
cafeteria for lunch is not easy. But this Evanston, Illinois school foodservice director makes springtime in the cafeteria a treat with cool, crisp and colorful warm weather salads.

866-75
MERCHANDISING MAKES LUNCHES FUN.
Helen Walker
Sch Foodserv J 29 (5): 34-36. May 1975.
389.8 SCH6
Health, Merchandising, Nutrition education, School food service, School lunch, Student participation, Type A lunch.
Extract: Nourishing food doesn't do any good if it doesn't get eaten. Putting some fun and variety into students' lunches makes them fun to eat and gets them eaten.

# EQUIPMENT

867-75
ANNOUNCING AN UPSTAIRS/DOWNSTAIRS, TRANSLATERAL, CONVEYORIZED, AUTOMATIC, DISHWASHING CONTRAPTION-IT WORKS!
Instit/vol Feeding 76 (8): 56-57. Feb 1975.
TX1.I55
Automation, Cleaning equipment, College food service, Conveyor belts, Dishwashing, Minnesota.
Extract: Dishes climb up through the ceiling, over a bridge and down again at the University of Minnesota, Duluth. It's all part of an ingenious solution to a complex problem. The university was confronted with dining facilities in one building, dishwashing facilities in another. So it contracted for an elaborate conveyor system to bus meal trays automatically from the dining commons to the dishwashing room.

868-75
SAVING ENERGY IN DEEP FAT FRYING.
Arthur C Avery
Food Serv Mark 37 (6): 7. June 1975.
389.2538 F732
Conservation, Deep fat fryers, Energy crisis, Food preparation, Frying, deep fat.
Abstract: Electric fryers are suggested as the most efficient users of energy. Tips on using this equipment are supplied.

869-75
BEGIN AN ENERGY CONSERVATION PROGRAM!
Type A Topics 4 p. May 1974.
TX341.T9 F6W
Energy crisis, Equipment, Food preparation, Menu planning, School food service, Storage.
Extract: Growing national awareness of the importance of conserving energy has made saving energy in the school kitchen a timely topic. Over 10 percent of the nation's energy goes into producing, processing, and preparing food. As a food service manager, you can make a substantial contribution toward saving energy in the school cafeteria.

870-75
IT'S NO JOB FOR AMATEURS.
Samuel B Cannell
Restaurant Bus 74 (2): 92-95, 98. Feb 1975.
389.2538 F82
Buildings, Commercial food service, Consultants, Design needs, Restaurants.
Abstract: Guidelines for obtaining professional assistance in designing or redesigning restaurants. Selection criteria and responsibilities of the design firm are outlined.

871-75
THE COMPLETE CONVEYOR SYSTEM.
Kitchen Planning 12 (1): 50-58. 1975.
NA8330.A1K5 F6W
Automation, Cleaning equipment, College food service, Conveyor belts, Dishwashing, Minnesota.
Extract: A "twist" is provided by three spiral conveyors which raise and lower the dishes from counter to ceiling height and back down again. The conveyor carries soiled meal trays straight across an elevated passageway which connects the two buildings, and the "twist" is provided by three spiral conveyors which raise and lower the dishes from counter to ceiling height and back down again.

872-75
DISPOSABLES; COULD THEY SOLVE YOUR PROBLEMS?
Staff Welfare Catering p. 4-6. Mar 1975.
TX946.5.I5 F6W
Cost effectiveness, Disposables, Food service industry.
Abstract: The pros and cons of disposables are discussed. If not used correctly, they can be expensive. But they are used almost universally by food service operators. A table of available disposables is included.

873-75
KITCHEN EQUIPMENT: REPAIR, REPLACE OR REVOLUTIONIZE?
Clarice F Delaney
Sch Foodserv J 29 (2): 25-29. Feb 1975.
389.8 SCH6
Consumer economics, Equipment, Equipment maintenance, Purchasing, School food service.
Extract: A food service equipment consultant details the do's, don'ts and hows of buying school foodservice equipment.

874-75
EFFICIENT ENERGY MANAGEMENT; CLEANING PROMOTES ENERGY SAVINGS
Food Serv Mark 37 (4): 12, 15, 64. Apr 1975.
389.2538 F732
Cleaning, Cooking equipment (Large), Energy crisis, Equipment maintenance, Sanitation.
Extract: Clean, well-maintained equipment operates at maximum efficiency and, in many cases, means a more efficient use of electric energy, as well. These suggestions for equipment cleaning tasks could increase energy savings while providing a longer service life for your equipment.

875-75
ENCYCLOPEDIA OF PROFESSIONAL KITCHEN PLANNING.
Kitchen Planning 12 (1): 68-69, 73. 1975.
NA8330.A1K5 F6W
Commercial food service, Denver, Microwave cooking, Microwave ovens.
Abstract: The Martin Marietta plant food service section makes extensive use of microwave oven cooking, both in the main kitchen and the vending machine areas. Between 85 and 1,[illegible] meals are served daily, most of them during the two-hour lunch period.

876-75
ENERGY CONSERVATION IN WAREWASHING SYSTEMS--PART 2.
Food Serv 37 (2): 10. Feb 1975.
389.2538 F732
Dishwashing, Energy crisis, Equipment maintenance, Sanitation, Scheduling.
Extract: A regular cleaning schedule for warewashing equipment is highly important to energy conservation. Keeping your equipment clean will insure that dishes are properly cleaned the first time through, rather than doubling the amount of water and energy used when they have to be run through the machine a second time. Once the cleaning schedule is worked out, it [illegible]d be posted as near as possible to the warewashing machine where it is clearly visible to employees.

877-75
EQUIPMENT PROBE 1: STEAM AND PRESSURE COOKERS.
Restaurant Bus 74 (3): 101-109, 118. Mar 1975.
389.2538 F82
Cooking equipment (Large), Pressure cookers, Steaming
Abstract: The uses and virtues of these cookers are discussed in terms of cooking time, special uses, the mechanics of the equipment, and versatility.

878-75
EVERYTHING IS UP TO DATE IN KANSAS CITY.
Kitchen Planning 12 (2): 24-25, 30-33. 1975.
NA8330.A1K5 F6W
Cooking equipment (Large), Design needs, Equipment, Hospital food service, Kansas City, Kitchens.
Abstract: The design and equipment of the kitchen and food service department at the Kansas City College of Osteopathic Medicine is described.

879-75
HOW TO CHOOSE AND MAINTAIN QUALITY KNIVES.
LeRoi A Folsom
Cooking for Profit 44 (291): 46-49. Mar 1975.
TX901.C65
Cutlery, Equipment maintenance.
Abstract: A list of cutting and carving tools is accompanied by a chart giving illustrated instructions on steeling a knife. Another chart depicts the proper handling of the French knife. A short glossary of knife work terms is included.

880-75
FOOD SERVICE INDUSTRY ACTIVE IN STRATEGIES FOR ENERGY CONSERVATION.
Food Serv Mark 36 (12): 10. Dec 1974.
389.2538 F732
Conservation, Energy crisis, Food service industry, Objectives, Planning.
Abstract: This article discusses the successful efforts of the industry in achieving a ten per cent reduction in energy use and the steps being taken to meet long term goals. Discussions at a meeting of the Federal Energy Administration in San Francisco attended by food service representatives is reviewed.

881-75
THE ART OF BUYING CHAR-BROILERS.
Frank M Giampietro
Fast Food 72 (2): 123, 126. Feb 1973.
389.2538 F82
Charbroilers, Cooking equipment (Large), Food service industry, Purchasing.
Extract: Considering the equipment maze through which the potential char-broiler purchaser must traverse, it would be

no wonder if he became perplexed at the prospect of making a final decision. As with any major equipment purchasing decision, or other facet of your operation requiring intimate knowledge of food service equipment, its use and application, do not hesitate to call upon a qualified food facilities consultant to help unravel the maze for you and guide your way through planned evaluation and programmed purchasing.

882-75
HOW TO FIND OUT WHAT YOU'RE DOING WRONG.
Commercial Kitchen & Dining Room 14 (4): 14-17. Winter 1974.
TX946.C6 F6W
Consultants, Costs, Dishwashing, Food service, Productivity.
Abstract: Problems encountered in warewashing systems: clean as they, excessive labor costs, or employee turnover may be solved easily by consultation. Steps in problem analysis are supplied.

883-75
HOW TO HANDLE 20,000 POUNDS OF FAT PER MONTH.
Cooking for Profit 43 (285): 58-60. Sept 1974.
TX901.C65
Apprenticeships, California, Equipment, Fish, Frying, deep fat, Restaurants, Seafood.
Abstract: Operations in a high-volume fish and seafood restaurant in San Diego are outlined. A custom designed refiltering machine is used to reprocess frying fats; its functions and maintenance are described.

884-75
ICE, ICE MACHINES, AND YOU.
Cooking for Profit 44 (292): 52-54. Apr 1975.
TX901.C65
Costs, Equipment maintenance, Ice making equipment, Operating expenses, Productivity.
Extract: A survey has shown that while the operator does have his problems with ice machines and ice production, nevertheless he is less dissatisfied than one would think. Ice is a very real necessity. Any improvement in ice machine engineering and ice dispensing will be happy news to the vast majority of American foodservice operators. And they will be willing to pay for these improvements.

885-75
FOOD SERVICE FACILITIES PLANNING.
Edward A Kazarian
Westport, AVI Publishing Company 230 p. 1975.
TX943.K33 F6W
Design needs, Equipment, Food service industry, Food service management, Management development, Planning.
Extract: The purpose of this book is to present a systematic procedure for the planning of food service facilities. It attempts to identify and describe all the various objectives that have to be accomplished for the preparation of final plans and blueprints. The inter-relationships of various activities as they influence both the construction and the operation of the food facility are discussed. Emphasis is placed on describing a total planning procedure that should result in a facility that is acceptable to the customers, the operators and the employees.

886-75
THE DIETITIAN AND FOOD-SERVICE PLANNING IN INSTITUTIONS.
Bernice F Kelly
Food Nutr Notes Rev 31 (9, 10): 205-208. Sept/Oct 1974.
389.9 N973
Buildings, Design needs, Dietitians, Equipment, Institutional feeding, New Zealand, Planning.
Extract: The role of the dietitian in food service planning is as a member of a team planning an area with specialized functions, and for which specialized knowledge is required to ensure satisfactory design and operation. She takes part and/or acts as an adviser in planning, building operation, and evaluation.

887-75
TWO MILLION MICROWAVE OVENS YEARLY PROJECTED BY INDUSTRY FOR 1980.
Sam Martin
Quick Frozen Foods 37 (9): 80-82, 84-87. Apr 1975.
389.8 Q8
Cooking equipment (Small), Energy crisis, Frozen foods, Microwave ovens, Prediction.
Extract: At present, 1-1/2 million units are in use. Sales are accelerating due to drop in price. Utility has increased dramatically in past four years including such improvements as defrosting capability, variable power control, venting, and skillets for frying, searing, roasting, browning and various other cooking methods. Big selling point with ovens is that they offer a provable energy saving of 50 to 75 percent over electric stoves for comparable results.

888-75
REDESIGNING YOUR KITCHEN? SYSTEMS SPECIALISTS HELP BUILD BETTER FOODSERVICE OPERATIONS.
Michael McAteer
Sch Foodserv J 29 (3): 48, 52-54. Mar 1975.
389.8 SCH6
Consultants, Design needs, Kitchens, School food service.
Extract: State and U.S.D.A. Food and Nutrition Service specialists provide assistance for all kinds of foodservice systems--from single unit operations to citywide systems serving 50,000 meals daily. Specialists evaluate ongoing foodservice operations, select, procure and size foodservice equipment and advise on facility layouts.

889-75
MEETING THE CHALLENGE OF MOBILITY.
Commercial Kitchen & Dining Room 14 (4): 9-13. Winter 1974
TX946.C6 F6W
Conveyor belts, Dishwashing, Food service, Mobile equipment, New York City.
Abstract: A complete, mobile dish-handling and conveyor system, with self-leveling dispensors is described. Its successful use in a New York landmark, where 3300 people lunch daily, is discussed.

890-75
PITTSBURGH'S SUPER KITCHEN.
Kitchen Planning 12 (1): 37-45. 1975.
WA830.A1K5 F6W
Automation, Buildings, Central Kitchen, Cooking equipment (Large), Innovation, Kitchens, Satellite, School food service
Abstract: A mammoth two-story centralized kitchen capable of producing 50,000 meals per day to satellite Pittsburgh's 99 public schools is now in operation. The kitchen's layout, equipment, personnel, and innovations are described.

891-75
PROBLEM: HOW TO TRANSFORM A BLAND CAFETERIA; SOLUTION: REDECORATE & MODERNIZE MENUS.
Food Management 10 (4): 63. Apr 1975.
TX341.F69
Cafeterias, Environmental factors, Food service management, Institutional feeding, Menu planning.
Abstract: This commercial cafeteria in Denver was redecorated and more variety in choice of food introduced. The plant's layout and equipment are described.

892-75
THE PROPER CARE OF FATS AND FRY KETTLES.
Cooking for Profit 43 (288): 30-32. Dec 1974.
TX901.C65
Cleaning, Deep fat fryers, Equipment maintenance, Fats and oils, Food quality, Fried foods, Frying, deep fat.
Abstract: Suggestions for better frying procedures, selection of proper fat, and cleaning of fry kettles, are aimed at producing the best tasting deep fried foods.

893-75
INFLATION-PROOF YOUR KITCHEN.
Betsy Baskin
Instit/Vol Feeding 75 (5): 55-59. Mar 1975.
TX1.I55
Cooking equipment (Large), Cooking equipment (Small), Design needs, Equipment, Food storage, Kitchens.
Abstract: Tables show the relation of equipment needs to business volume, cold storage space standards, productivity

894-75
THE ROLE OF ICE IN MERCHANDISING.
Cooking for Profit 44 (290): 38-39. Feb 1975.
TX901.C65
Commercial food service, Ice making equipment, Restaurants.
Abstract: Ice is much in demand in a Clearwater, Florida restaurant where up to 8,000 customers have been served in one day. The equipment necessary for this volume is described.

895-75
RECYCLED ALUMINUM SAVES ENERGY, MONEY AND MATERIAL.
Jan Schuh
Sch Foodserv J 29 (1): 65-70. Jan 1975.
389.8 SCH6
Michigan, Projects, Recycling, Trays, serving.
Extract: Do you just throw away those aluminum lunch trays? don't! do as this Michigan school did and give them to the metals department to be melted down for projects.

896-75
SOLVING COSTLY TRASH DISPOSAL PROBLEMS.
Kitchen Planning 12 (2): 40-46. 1975.
WA830.A1K5 F6W
Compactors, Economics, Waste disposal.
Extract: Disposable trash amounts to about one-half pound per meal per day in these cafeterias in Mobile, Alabama. Compactors have helped reduce removal costs by almost half.

897-75
SPECIAL ENERGY ISSUE.
Type A Topics 6 p. May 1975.
TX341.T9 F6W
Building equipment, Buildings, Conservation, Energy, Equipment maintenance, Food service industry, Food service training, Planning.
Extract: It has been estimated that it is possible to ultimately reduce energy consumption in the food service industry by 20 to 30 percent. But to do this, it will take improved equipment design and a commitment to energy conservation by all food service managers.

898-75
STOP AND SHOP: NEW FOOD SERVICE EQUIPMENT.
Modern Schools p. 12-13. Jan 1975.
LB3209.M6

899-75
Broilers (Equipment), Compactors, Convection ovens, Cooking equipment (Large), Dishwashing, Equipment, Food service.
Extract: Efficiency, economy and convenience are important aspects of a food service operation. Featured here is equipment that can be utilized in any school kitchen.

899-75
IS YOUR KITCHEN OBSOLETE? DISHWASHING EQUIPMENT.
John Tenor
Fast Food 71 (6): 98-100, 140-142. June 1972.
389.2538 F82
Costs, Dishwashing, Equipment, Food service industry, Purchasing
Abstract: The many and varied types of commercial dishwashers are reviewed. Guidelines for selecting and purchasing the best equipment for a given operation are presented.

900-75
VERSATILE APPLIANCES FOR CHANGING LIFESTYLES.
Forecast Home Econ 20 (9): F40-F41, F54. May/June 1975.
321.8 H732
Appliances, Cooking equipment (Small), Life styles, Recipes.
Abstract: Tips for selecting equipment are aimed at singles cooking for themselves. Various units, their uses, and features are described and include a blender, electric skillet, mixer, toaster oven, and coffee maker. Recipes for each of the appliances are supplied.

# SANITATION AND SAFETY

901-75
PREVENTION OF FOOD POISONING.
M L Beta
Cereal Sci Today 19 (12): 531-545. Dec 1974.
56.8 C313
Botulism, Clostridium, Food adulterants, Food handling, Food poisoning, Food storage, Salmonellosis, Staphylococcal food poisoning, Streptococcal infections.
Extract: Food poisoning is the sudden illness of a substantial number of people who have recently eaten the same specific food. It is caused by chemical or biological sources. If the food poisoning is caused by bacteria, plants or animals, it is known as biological food poisoning.If caused by insecticides, fungicides, individual chemicals or by equipment that contains deleterious materials, it is chemical food poisoning.

902-75
SANITATION: IS YOUR TRAINING PROGRAM EFFECTIVE?
Robert D Buchanan
Food Serv Mark 37 (6): 32-34. June 1975.
389.2538 F732
Food safety, Food sanitation, Food service training, Sanitation, Standards.
Extract: Good sanitary practices must be established as a regular part of the daily routine for all employees in order to serve healthful food every day under sanitary conditions. Safe food practices, coupled with proper facilities, will result in protected food service to the customers.

903-75
TIDY TIPS AND LINDA LIMPIA. Rev. ed. (SPA)
C C Buslaff
California, University, Berkeley, Agricultural Extension Service
Berkeley, Calif. 11 p. Sept 1967.
TX323.B8 1967 F6X
Cleaning, Homemaking skills, Kitchens, Pest control, Safety, Sanitation.
Abstract: The cartoon character Linda Limpia is a homemaker who keeps her house perfectly clean all the time. This booklet describes how she washes dishes; cleans the stove, refrigerator, cupboards, walls, windows, and floors; sanitizes the bathroom; keeps bedrooms clean and fresh; and gets rid of insect pests.

904-75
INSURE THE HEALTH AND WELL-BEING OF YOUR FAMILY BY ATTENTION TO THE CLEANLINESS OF YOUR SURROUNDINGS. (SPA)
California (State), Dept. of Public Health, Farm Workers Health Service
Sacramento, Calif. unp. 1968.
TX149.C3 F6X
Cleaning, Family environment, Family health, Home management, Homemaking skills, Hygiene, Safety.
Title of Original: Asegure la salud y bienestar de su familia atendiendo a la higiene de su ambiente.
Abstract: The health and well-being of family members is largely dependent on how safe and sanitary their home surroundings are. Wells should be covered and pumps used rather than draw buckets. Bathrooms (or outhouse) and kitchen should be kept spotlessly clean. Garbage cans should be well sealed and placed away from the house. Bedrooms should be clean and well ventilated. Wells should be sunk at locations where they cannot be contaminated by drainage from outdoor toilet facilities. Outhouses themselves should be well ventilated. They should have doors that close automatically, and all toilet seats should be equipped with covers.

905-75
NATURAL FOOD TOXICANTS - A PERSPECTIVE.
Julius M Coon
Nutr Rev 32 (11): 321-332. Nov 1974.
389.8 N953
Food contaminants, Foods, Toxicants, Toxicity, Toxins
Abstract: This paper considers the toxicology of the natural chemical components of foods. In it is presented the natural chemical components of foods, an explanation of the terms toxicity and hazard, explanations for the little evidence of hazard in spite of the multitude of toxic substances in the diet, plus the three types of abnormal circumstances under which injury has occured - abnormal contaminants, abnormal quantities of intake and abnormal health of the individual. Contaminants and the natural chemical composition of food are examined in relation to each other. The margin of safety used with chemical substances is explained as is the effect of natural vs. Synthetic substance and the benefit-risk consideration associated with the consumption of food additives and pesticide residues. The author emphasizes the need for a varied diet to ensure an intake of chemical substances that will be too small to cause harm. Responsibilities of the food and agricultural industries in terms of product development and production are outlined. It is recommended that all chemicals should be viewed in perspective.

906-75
EVALUATION OF CERTAIN FOOD ADDITIVES AND THE CONTAMINANTS MERCURY, LEAD, AND CADMIUM: SIXTEENTH REPORT OF THE JOINT FAO/WHO EXPERT COMMITTEE ON FOOD ADDITIVES.
Geneva, FAO and WHO 32 p. 1972.
TX553.A3E92 F6X (World Health Organization. Technical report series no. 505)
Cadmium, Food additives, Lead, Professional education.
Abstract: Persons concerned with obtaining food for quantity preparation should be aware of the possible dangers of excessive amounts of certain food additives used as coloring agents and the metals mercury, lead and cadmium as food contaminants. This report considers these problems, and suggests safe levels of the various contaminants in food, water and the environment.

907-75
PESTICIDE RESIDUES IN FOOD.
FAO Working Party of Experts on Pesticide Residues, WHO Expert Committee on Pesticide Residues
Geneva, World Health Organization 47 p. 1973.
SB951.P6 F6X
Chemical contaminants, Food safety, Mercury, Pesticide residues, Professional education.
Abstract: This monograph is a report of a meeting of experts from WHO and FAO on pesticide residues in food. Among points considered were allowable daily intakes over a lifetime, analytic methods to determine presence of these items in food, and their toxic effects. The pesticides reviewed included DDT, certain mercury compounds, organophosphorus insecticides, certain herbicides, parathion and pyrethrins. An appendix lists those foods most likely to be contaminated by these and other pesticides. Of concern to those who purchase fresh foods from sources where such pesticides are used.

908-75
FOOD CARE.
Food Manufacturers' Federation
London, Food Manufacturers' Federation 9 p., illus. [n.d].
HA642.F63 F6X
Consumer education, Food sanitation, Food spoilage, Food storage, Microbial contaminants, Sanitation.
Abstract: This booklet, offers guidance to the consumer in the care of purchased foods. Information is presented explaining food spoilage and practical advice on how to prevent it. Tips are given for the care of food after cooking, re-heating of foods, food storage in the refrigerator and pantry, and personal hygiene.

909-75
FOOD POISONING.
Cooking for Profit 48 (291): 50-55. Mar 1975.
TX951.C65
Botulism, Food handling, Food poisoning, Food sanitation, Food storage, Salmonellosis, Staphylococcal food poisoning, Temperature.
Abstract: The importance of proper cooking, reheating, and storage temperatures is reviewed. Cross-contamination and poor food sanitation cause poisoning by bacterial factors. Signs to watch for that indicate food contamination are supplied.

910-75
PLEASE DON'T EAT THE MOLD.
Jane Heenan
FDA Consumer 8 (9): 18-21. Nov 1974.
HD9500.9.U5A1
Food contaminants, Food poisoning, Food safety, Food sanitation, Food spoilage, Food-related disorders, Molds.

Abstract: This article discusses the hazards of food mold and offers several guidelines for its prevention. Several specific hazards are first discussed. Steps are then outlined for the consumer to prevent mold formation which include the careful selection of food purchases-with a particular word about cheese, and advise on how to handle and store food in the kitchen to prevent mold growth. Consumers are advised to use perishables at a reasonably quick rate and to notify proper authorities when store-handling practices are unsatisfactory.

911-75
HOW TO TEACH EMPLOYEES GOOD HOUSEKEEPING.
Cooking for Profit 43 (286): 33-35. Dec 1974.
TX911.C65
Food sanitation, Food service training, Hygiene, Motivation, Performance, Pest control, Sanitation, Training techniques.
Extract: Training in sanitation takes the form of explaining how specific tasks are carried out. Participation by the trainee as in "learning by doing", conferences, role-playing, or dialogue, brings sanitation concepts across effectively. Getting trainees active in self-training is the key to success.

912-75
EXPOSURE OF MAN TO MERCURY. A REVIEW, PART II: CONTAMINATION OF FOOD AND ANALYTICAL METHODS.
A G Hamanis, F L Bradley
J Milk Food Tech 38 (6): 358-368. June 1975.
44.8 J824
Analytical methods, Chemical contaminants, Fish, Mercury, Toxicity.
Abstract: This literature review focuses on mercury concentrations in fish and the methods used to determine mercury content, including colorimetric, atomic absorption or emission spectrometry, neutron activation, and gas chromatography. Problems inherent in these methods are discussed.

913-75
DIRTY WORK FOR PROFESSIONALS.
Margot Liston
Staff Welfare Catering p. 37-38. Mar 1975.
TX946.5.I5 F8W
Cleaning, Hygiene, Kitchens, Sanitation.
Abstract: Hygiene contract services can be the answer to kitchen sanitation problems. A job tackled in a London post office restaurant, and the results, are described.

914-75
EFFECT OF THAWING ON GROWTH OF STAPHYLOCOCCUS AUREUS IN FROZEN CONVENIENCE FOOD ITEMS.
K Ostovar, Margaret J Bressler
J Milk Food Tech 38 (6): 337-339. June 1975.
44.8 J824
Convenience foods, Food handling, Frozen foods, Microbial contaminants, Staphylococcal food poisoning.
Abstract: Significant increases in numbers of Staphylococcus aureaus were measured after thawing of several types of frozen convenience foods. It is suggested that the consumer share responsibility in preventing food poisoning by carefully following directions, practicing hygiene, and handling foods properly.

915-75
IF YOU DO NOT PROTECT IT, GERMS WILL SPOIL THE FOOD. Rev. ed. (SPA)
Puerto Rico, University, Dept. of Health, Health Education Service
Rio Piedras, P.R. 19 p. 1967.
TX601.P7 F8W
Food contaminants, Food handling, Food safety, Food service, Food storage, Food-related disorders, Hygiene, Microbial contaminants, Pest control.
Title of Original: Si usted no lo evita, los microbios danan los alimentos.Reprint.
Abstract: Food service workers must be extra careful in the handling and storing of food to be sure nothing has a chance of becoming contaminated. Kitchen and dining areas should be kept spotless. Garbage must be kept away from food preparation areas and removed regularly from the premises. Improperly stored food will become a breeding ground for germs. Stored foods should be refrigerated, frozen, or if cold temperatures are not necessary, the food should be tightly sealed. All dishes and cookware must be thoroughly washed and sanitized, and strict rules of hygiene must be enforced.

916-75
SANITATION: NO. 1 CUSTOMER DEMAND.
Restaurant Bus 73 (12): 39-46. Dec 1974.
389.2538 R82 F8W
Equipment, Fire prevention, Food service, Food service management, Pest control, Safety, Sanitation.
Abstract: In this special report thirteen separate articles consider various areas of food service sanitation including on the job training, pest control, fire safety, food service manager certification in sanitation, washroom dryers, and safety design. Also examined are health code progress, foodborne diseases, OSHA, award programs, common health violations, litter enforcement, and sanitation education.

917-75
WHAT MAKES SAFETY WORK: THE EMPLOYER.
Wilbert E Scheer
Restaurant Bus 74 (2): 100-106, 118-122. Feb 1975.
389.2538 R82
Accident prevention, Food service industry, Food service workers, Psychological aspects, Safety, Work attitudes.
Extract: There are many safety hazards inherent in food service operations. Few work areas confront employers with such a multiplicity of types of potentially hazardous conditions and machines. On a routine day, employees will use tools and equipment for cutting, chopping, grinding, mixing, slicing, and warewashing. Steam, hot water, hot water lines, cooking fats, and microwaves also can be potentially dangerous.

918-75
DISHWASHING PROCEDURES.
Ser-Vo-Tel Institute
Boston, Cahners Books 72 p. 1975.
HA565.I56 F8W (Foodservice Career Education Series FS22)
Career ladders, Dishwashers, Dishwashing, Employee responsibility, Equipment maintenance, Food service occupations, Sanitation.
Extract: Working as a dishmachine operator in your first restaurant position is an excellent way to begin a foodservice career. The job is not isolated. A dishmachine operator must be responsible to all other personnel and certainly to the customer. The job requires not only a knowledge of health codes, sanitation principles and practices but, most important, an understanding of the dishroom operation as it related to all other restaurant positions.

919-75
TEST YOUR KITCHEN SAFETY IQ.
Cooking for Profit 43 (288): 26. Dec 1974.
TX901.C65
Kitchens, Safety.
Abstract: This is a "Photoquiz" which depicts health and safety violations in a commercial kitchen and challenges the viewer to find as many as possible.

920-75
TIMELY TOPICS FOR THE FOOD SERVICE MANAGER; BACK-TO-SCHOOL SANITATION AND SAFETY.
Type A Topics 4 p. Sept 1973.
TX341.T9 F8W
Food sanitation, Food service management, Health, Hygiene, Safety, Sanitation.
Abstract: Five basic rules for safe food service are: clean hands; clean service; clean food; right temperature; healthy workers. Suggestions for implementing each rule are supplied in some detail.

921-75
UNAVOIDABLE CONTAMINANTS.
Consumer Reqist 5 (1): 1-2. Jan 1, 1975.
HB8C1.A1C6 F8W
Chemical contaminants, Food and Drug Administration, Food contaminants, Food safety, Food standards, Food standards and legislation.
Abstract: This article highlights the FDA's proposed rules to set tolerance levels for poisonous or otherwise harmful substances in food. These regulations set levels for lead in evaporated milk, mercury in fish and aflatoxin in peanuts, corn and other grains. The difference between a "tolerance" level and an "action" level is explained which in fact relates to the completeness of data on specific substances under consideration. Those involved in nutrition education to various degrees will find this regulation report of interest.

922-75
WHAT EVERY HOMEMAKER SHOULD KNOW ABOUT FOOD GERMS.
Greenfield, Mass., Channing L. Bete Co. 16 p. 1973.
HA642.W4 F8W
Food handling, Food poisoning, Food safety, Food sanitation, Food spoilage, Food-related disorders, Foodborne diseases, Safety, Sanitation.
Abstract: In this pamphlet practical aspects of how to minimize microbial growth are discussed. Areas covered are:the purchase of food, its storage, cleanliness of the kitchen, preparation of the food, serving the food, and cleanup. It is directed to the homemaker but could be used from late junior high through adult levels.

923-75
THE TOXIC EFFECTS OF MERCURY.
E A Zepp, J A Thomas, G P Watts
Clin Pediatrics 13 (9): 783-787. Sept 1974.
RJ1.C5 F8W
Food contaminants, Food safety, Mercury, Toxicants, Toxicity
Abstract: This paper on mercury begins with a review of some recorded cases of severe mercury poisoning and includes outbreaks of methylmercury and other alkylmercury toxicities as well as poisoning of individuals by inorganic mercury compounds and elementary mercury. The clinical syndrome is described along with the pathologic changes and some teratogenic effects. Although tissue concentrations necessary to cause death are not known, available estimates are used to provide a guide for mercury levels in human beings. No therapeutic agent is known to reverse the neurologic damage and the limited treatment available is described. Sources of mercury are listed and the routes it travels in entering the food chain are outlined. Nutrition educators and other health professionals will find this report of interest.

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920-75

# FOOD TECHNOLOGY

920-75
NUTRIENTS IN PROCESSED FOODS: VITAMINS AND MINERALS.
American Medical Association
Acton, Mass., Publishing Sciences Group, Inc. 193 p. 1974.
TX551.A4 F6N
Food composition, Food processing, Fortification, Micronutrients, Minerals, Vitamins.
Abstract: This report is an updated version of one published in 1971 and offers guidelines for future research, industry, regulatory and consumer action in respect to vitamin-mineral nutrition in processed foods. It is divided into four parts: part one - requirements for micronutrients in the general population; part two - factors influencing vitamin-mineral content of foods and biological availability; part three - fortification of processed foods; part four - reports of the task forces. The discussion that followed the presentations of each section is also included. It is intended for professionals in the field of foods and nutrition to assist in the development of recommendations for rational guidelines and nutrition policies.

925-75
PROTEIN SNACKS OF IMPROVED NUTRITIONAL VALUE.
Antonio Bacigalupo
League Int Food Educ p. 1-3. Feb 1975.
TX341.L4 F6N
Beans, Breads, Food preferences, Peru, Protein foods, Proteins.
Abstract: Processing techniques applied to bean protein source food in Peru have resulted in enhanced acceptability. A protective and tasty film, developed through the Maillard reaction, enhad palatability.

926-75
HOW FOODS ARE PRESERVED.
Marjorie Ann Banks, John Hawkinson, Lucy Hawkinson
Chicago, Benefic Press 48 p. 1963.
TX355.B32 F6N
Canned foods, Childrens stories, Dried foods, Food preservation, Frozen foods, Pickled foods, Refrigeration, Smoked foods.
Abstract: This book, written for primary aged children, delves into what preserved foods are, why we preserve foods and the many ways we have perfected to preserve our foods. With the aid of pictures and simple diagrams, the child is shown how we can dry and smoke different foods. What foods are preserved by adding salt and sugar are discussed. The use of cooling to preserve foods as well as canning and freezing foods are topics in this book.

927-75
CAROTENOIDS AS FOOD COLORS.
J C Bauernfeind
Food Technol 29 (5): 48-49. May 1975.
389.8 F7398
Coloring agents, Food additives, History, Laws, Provitamin A carotenoids.
Abstract: The history of the use of carotenoids as coloring agents is reviewed. A brief description of their composition, structure, and sources is given. Current uses are described, and the advantages of use are listed; stability is emphasized. A list of countries permitting use of carotenoids as additives is supplied.

928-75
CONVENIENCE FOODS AND NEW FOODS.
Type A Topics 4 p. Apr 1974.
TX341.T9 F6N
Convenience foods, Cup-can, Fortification, New foods, School food service, Textured vegetable proteins.
Abstract: Alternate foods such as textured vegetable protein and combination foods--cup-can, butter-bisquit, and CN pizzas are described and their uses listed. These are valuable in schools with limited food preparation facilities. A list of common questions on new foods are answered.

929-75
MICROWAVE HEATING IN FREEZE-DRYING, ELECTRONIC OVENS, AND OTHER APPLICATIONS.
David A Copson
Westport, AVI Publishing Company 433 p. 1962.
TP493.5.C62 F6N
Food processing, Freeze-dried foods, Microwave cooking, Microwave ovens, Research.
Extract: This book is written for the scientific investigator who may wish to use microwave heating in his research program, for the practical professional who has found microwave heating to be gaining in importance in his field, and for those particularly interested in the rapidly developing field of freeze-drying.

930-75
VITAMINS IN FOODS: ANALYTICAL METHODS.
E De Ritter
Cereal Foods World 20 (1): 33-37. Jan 1975.
59.8 C333
Analytical methods, Calculated nutrient content, Processed foods, Vitamins.
Extract: Physicochemical and/or microbiological methods are employed for most assays of vitamins in foods. This review described briefly the commonly used procedures and and some of the more significant problems associated with each. The performance of several of the methods is illustrated with the results of recent collaborative assays.

931-75
THE TECHNOLOGY OF FOOD PRESERVATION. 3d edition.
Norman W Desrosier
Westport, AVI Publishing Company 493 p. 1970.
TX601.D4 1970 F6N
Baked goods, Canned foods, Cured foods, Dehydrated foods, Food preservation, Food storage, Frozen foods, New foods, Pickled foods.
Extract: As this book enters its second decade of use, it seems appropriate not only to update the material presented and expand it to keep abreast of an unfolding food technology, but to bring together certain matters related to the application of this technology which might be useful to the reader. In order to make the book more complete, new chapters have been added on the subjects of semi-moist foods, the principles of baking and the preservation of bakery products, and the stability of preserved food over long periods of time under various environmental conditions.

932-75
EVALUATION OF FOOD ADDITIVES; FOURTEENTH REPORT OF THE JOINT FAO/WHO EXPERT COMMITTEE ON FOOD ADDITIVES.
Geneva, World Health Organization 36 p. 1971.
TX553.A3E9 F6N (World Health Organization Technical Report Series no. 467.)
Additives and adulterants, Analytical methods, Monosodium glutamate, Toxicants.
Abstract: A review and evaluation of certain of the food additives now used throughout the world. Included in the discussion are: brominated vegetable oils, cyclamates, monosodium glutabate, phosphoric acid and phosphates, heavy metals, extraction solvents, and certain filtration aids and clarifying agents.

933-75
THE STUDENT'S TECHNOLOGY OF BREADMAKING AND FLOUR CONFECTIONERY. Rev. ed.
Wilfred James Pance
Boston, Routledge and Kegan Paul 483 p. 1966.
TX769.P7 F6N
Bacteria, Bakers, Baking, Batters and doughs, Breads, Cakes, Fermentation, Nutrients.
Extract: This book is intended as a guide for those who wish to study the technology of breadmaking and flour confectionery, in particular the apprentice, and those studying on a part-time basis. It is hoped also that it will assist the part-time bakery teacher whose work is so valuable in bakery education.

934-75
FISH AND SEAFOOD; ELEGANCE ON A BUDGET.
Cooking for Profit 43 (285): 36-42, 62. Sept 1974.
TX901.C65
Extruded foods, Fish, Processed foods, Recipes, Saberized foods, Salads, Sauces, Seafood.
Abstract: Various species of fish which are less expensive than the old standbys are listed and recommended. Processing techniques such as saberizing and extrusion are described, and several recipes for fish and seafood are supplied.

935-75
FOOD INDUSTRY POSTER GROUP (POSTERS).
Food Processing Machinery and Supplies Association
Washington, Food Processing Machinery and Supplies Assn. 5 posters, 17"x22", b&w photo on col. 1974.
TX368.A22 F6N AV
Food industry, Food processing, Food production, Food supply, Industry role.
Abstract: This poster group was designed by a food industry group to describe the role the food industry plays in America today. "Americans don't have to go to bed hungry-thanks to America's food industry" is one of the slogans used to identify the role played. Other messages emphasize food quality, abundance, and year round availability--all thanks to the American food industry. Young children, adults, and older Americans (all white except one black child) are shown in the photographs.

936-75
FOOD PROCESSING: SEARCH FOR GROWTH.
Robert H Hadsell
Chem Eng News 49 (38): 17-26. Aug 23, 1971.
381 J825N
Food industry, Food processing, Food production, Food technology, Food texture.
Abstract: Various growth potential aspects of the food proces-

sing industry are discussed in this article including current sales, the introduction of new products, trends in nutritional improvement, convenience and more sensual appeal in food products, and the diversification of food companies into new areas within and outside the food industry. Also included is a discussion of the impetus for growth being provided by the USDA in the food programs it supports such as school feeding programs where new food products are now being accepted. Various products developed for school feeding programs are described along with the need for guidelines for nutrient levels in foods. This information should be of interest to those in the food industry as well as the nutrition educator.

937-75
SUBSTITUTE FOODS - A PRACTICAL ALTERNATIVE.
A W Holmes
Phil Trans Royal Soc Lond 267: 157-166. 1973.
Q41.96 P6H
Food industry, Food production, Food science, Food sources, Food technology, Synthetic foods.
Abstract: This paper, of particular interest to those involved in the food industry, considers the possible use of substitute foods in developed countries. Biochemical techniques are currently being developed which allow the production of protein from inorganic nitrogen sources by the use of single cells. While much of the work is geared to the provision of animal food some are looking directly to human food. The requirements for these are reviewed and problem areas identified. Synthetic fats can be made and the chemical production and biochemical degradation is considered. Recent developments in texturizing soya meal and in spinning vegetable proteins are discussed along with their limitations. Suggestions are made as to what might occur during the 1980's based on the opinions expressed by over forty members of the food industry.

938-75
FABRICATED FOODS.
George E Inglett
Westport, AVI Publishing Company 215 p. 1975.
TP406.I5 F6W
Economics, Extruded foods, Fabricated foods, Marketing, Nutrients, Nutritional quality, Sensory appraisal, Standards.
Abstract: This collection of sixteen articles covers the following major aspects of fabricated foods: economics, government regulations, strategic considerations, marketing, carbohydrates, soy protein chemistry, extrusion processing, sensory appraisal, texture, flavor, and nutrition.

939-75
SYMPOSIUM: SWEETENERS.
George E Inglett
Westport, AVI Publishing Company 290 p. 1974.
TP421.S9 F6W
Research, Saccharin, Sugar, Sugar substitutes, Sweeteners, Non-nutritive, Syrups.
Extract: This book contains selected papers from a Symposium on Sweeteners held at the American Chemical Society meeting in Dallas, Texas, on April 9-13, 1973. Reviewed at this Symposium, sponsored by the Agricultural and Food Chemistry and Carbohydrate Divisions, were the important aspects of natural and synthetic sweeteners. Areas of current interest and the latest technological progress received particular emphasis.

940-75
A REVIEW OF THE TECHNOLOGICAL EFFICACY OF SOME ANTIOXIDANTS AND SYNERGISTS.
Joint FAO/WHO Expert Committee on Food Additives
Geneva, World Health Organization 184 p. 1972.
TX553.A3J62 F6W (WHO food additives series, No. 3)
Additives and adulterants, Food quality, Professional education.
Fifteenth report of the committee, Rome, 16-24 June 1971.
Abstract: Antioxidants are natural or man-made organic compounds which retard oxidation of foodstuffs, and hence delay browning, rancidity and discoloration. Since oxidation also often means nutrient deterioration, nutritionists should be aware of efforts being made to improve effectiveness of antioxidants. This technical report for the professional details use of 13 individual antioxidants or synergists (which enhance activity of the former).

941-75
WORLD PROTEIN RESOURCES.
Allen Jones
New York, John Wiley and Sons 381 p. 1974.
TX553.P7J6 F6W
Economics, Food supply, Food technology, New foods, Plant protein concentrates, Protein concentrates, Protein foods, Proteins, Proteins, plant.
Abstract: This book contains a vast amount of data on all sources of protein, present and future, including meat, fish, poultry, vegetables, cereals and microbial sources. It discusses the technology and economics of protein on theworld scale, describing the quality and availability of protein sources. New methods of synthesizing protein with micro-organisms al covered, including manufacture from oil, cellulose and carbohydrate. The book also has an Introductory section on protein chemistry and data on the essential amino acids. It contains tables and statistical material to support the topics presented. It is of interest to agriculturalists, economists, industrial research institutes, nutritionists, food technologists and the food industry in general.

942-75
STUDIES INDICATE ASTRA PROTEIN REDUCES COST OF "UTILIZABLE PROTEIN".
Leif Knutson
Astra Protein Letter 3 (1): 1-8. May 1975.
QD1.A8 F6W
Developing nations, Food economics, Food habits, Fortification, Marketing, Nutrients, Proteins.
Abstract: Various aspects of fish protein concentrate are reviewed. Included are sections on fortification of flour with FPC, nutrients contained, marketing in industrial and developing nations, and the many uses of the concentrate.

943-75
EVALUATION OF THE PROTEIN QUALITY OF SWEDISH EXPORT WHEAT FLOUR ENRICHED WITH ASTRA PROTEIN.
Leif Knutson
Astra Protein Letter 2 (2): 1-6. June 1974.
QD1.A8 F6W
Child nutrition, Flour, Fortification, Nutrients, Proteins.
Abstract: Fortification of wheat flour with fish protein concentrate is discussed. Testing shows a high level of protein quality even with only small amounts added. Product acceptability is high.

944-75
TEXTURE MEASUREMENTS OF FOODS.
Amihud Kramer, Alina S Szczesniak
Boston, D. Reidel Publishing Company 175 p. 1973.
TX531.K7 F6W
Bibliographies, Measurement, Symposia, Texture.
Extract: This volume is the first to give a precise definition of food texture and to show its relationship to other sensory attributes of foods. It discusses the physiological, rheological, structural and psychological fundamentals on which food textural measurements are based and presents an actual description and classification of different methods of sensory and objective measures of texture.

945-75
NEW SOURCES OF PROTEIN FOR HUMAN AND ANIMAL FEEDING.
J K Loosli
BioScience 24 (1): 26-30. Jan 1974.
500 AM332A
Food sources, Food supply, Green Revolution, Protein foods, Proteins.
Abstract: In this report present protein supplies, their comparable biological value, and distribution are discussed. To insure adequacy of the food supply, increased food production, the formulation of food supplements, nutrition education, and the methods of the "Green Revolution" are advocated. New protein sources are presented including fish protein, soybean protein, amino acid fortified foods, and single-cell protein. More research is called for to expand and improve the efficiency of animal production and milk supplies.

946-75
LYSINE SUPPLEMENTATION OF VARIOUS CEREALS.
Mohamed el Lozy, George P Kerr
Amer J Clin Nutr 27 (12): 1357-1358. Dec 1974.
389.8 J824
Amino acids, Enrichment, Enrichment agents, Fortification, Fortification agents, Grain products.
Abstract: This letter, published in a journal for professionals in nutrition, points out the current controversy concerning the value of lysine supplementation of cereals in improving the growth of preschool children. The writers describe one controlled field study currently being undertaken in Southern Tunisia to help determine the answer to this controversy and emphasizes that only through such studies will the answers be provided. Until this time the authors point out the controversy will remain such and should be discussed in current literature.

947-75
THE "DRY LOOK" FOR FRUITS AND VEGETABLES.
Anne Manno
Forecast Home Econ 20 (9): f42-f43, f51-f52. May/June 1975.
321.8 F752
Dried foods, Dried fruits, Food preservation, Gardening, Herbs, Resource materials.
Abstract: Various methods for drying fruit, vegetables, and herbs are described in detail, and a history of the process is given. A list of source materials is included.

948-75
FOOD ADDITIVES, WHO NEEDS THEM?
Washington, Manufacturing Chemists Assn. 11 p. 1974.
TX553.A3M32 F6W
Additives and adulterants, Food additives, Food adulterants, Food chemistry, Laws, Seasonings.
Abstract: This booklet gives the Manufacturing Chemists Association's response to criticism of the use of additives in food. In it food additives and sources are identified, specific reasons for their use are outlined, foods which contain such additives are listed, safety and regulation covering their use are discussed, and the health food and natural food issue is examined. The consumer is cautioned to carefully examine the claims of those opposed to additives and reliable sources of nutrition information are listed.

949-75

949-75
LMRP PROTEIN CHILD FEEDING TRIAL.
Carol Martin
League Int Food Educ p. 1-3. Mar 1975.
TX341.L4 F6N
Child nutrition, India, Proteins, plant, Supplements (Nutrient).
Extract: The trial will run for two years and cover six hundred children in the two to five age group: the one question it seeks to answer is exactly what this long-neglected protein source can do for infant growth.

950-75
NUTRIENT CHANGES IN FOOD PROCESSING: A CURRENT REVIEW.
Robert O Neshein
Fed Proc Fed Am Soc Exp Biol 33 (11): 2267-2269. Nov 1974.
442.9 F31P
Food processing, Food production, Nutrient quality, Nutrient retention, Nutrient values.
Abstract: This review, of interest to nutritionists and food scientists, outlines the reasons for processing foods, the changes that occur, and the importance of proper storage. Preservation for future consumption is the primary reason for processing foods. Heat processing, dehydration, and freezing all affect nutrient content. Heat processing produces some desirable effects, including destruction of some undesirable food components and improvement in availability of nutrients. In the milling of grains, significant amounts of vitamins and minerals are removed. Some are replaced through enrichment. Additional research is needed. The potential exists for better food processing and handling procedures to improve nutritive quality through retention of nutrients, with appropriate fortification carried out where needed.

951-75
A NEW COST-REDUCING PRODUCT: CHEESE ALTERNATES.
Type A Topics 8 p. Dec 1974.
TX341.T9 F6N
Cheese, Food cost, Food service management, Food substitutions, Nutrients, Nutrition education, School food service.
Abstract: Now authorized in Type A lunches, these "cheeses" are a new class of food with substantially the same nutrients as the dairy product. A series of questions and answers is supplied by way of explanation. A section on the team approach to nutrition education is included, and two recent references supplied.

952-75
NUTRITIONAL EFFECTS OF FOOD PROCESSING.
Nurs Homes 23 (6): 21. Oct/Nov 1974.
HV1451.N8 F6N
Canned foods, Dehydrated foods, Food preparation, home, Food preservation, Food technology, Frozen foods.
Abstract: This article, of interest to nutritionists and other health professionals, discusses a report published by the Institute of Food Technologists on the effects of food preservation methods. This report summarizes the positive and negative effects on nutritional quality of various methods of preservation including blanching, freezing, heat processing, drying, and fermenting, as well as the effect on nutrient losses from normal home cooking. The fact is stressed that all methods of preservation represent trade-offs between food availability and its nutrient content, and proper home storage is therefore imperative to the retaining of nutrients that are present when food leaves the factory.

953-75
FOOD ADDITIVES TO EXTEND SHELF LIFE.
Nicholas D Pintauro
Park Ridge, Noyes Data Corporation 402 p. 1974.
TP455.P6 F6N (Food Technology Review No. 17)
Food additives, Food preservation, Patents, Shelf life.
Extract: The detailed, descriptive information found in this book is based on the patents relating to chemical additives which can be used in foods to prolong their shelf life. This book serves a double purpose in that it supplies detailed technical information and can be used as a guide to U.S. patent literature in this field. By indicating all the information that is significant, and eliminating legal jargon and juristic phraseology, this book presents an advanced, commercially oriented review of how to prolong the shelf life of foods by means of chemical additives.

954-75
A NEW INCENTIVE FOR CONTROLLING SALT CONTENT.
D M Strietelmeier
Snack Food 63 (10): 36-38. Oct 1974.
389.8 C84
Additives and adulterants, Food additives, Food industry, Food production, Salt, Salted foods, Snacks.
Abstract: This article, written for those in the food industry, discusses the growing awareness of possible excessive sodium intake in the diet and the responsibilities of the food industry, the snack food industry in particular, to this problem. Product problems due to oversalting are described. Snack producers are reminded of the various abilities an individual may have to detect saltiness intensity and that this acuity may vary with circumstances. Particular food production concerns relating to salt are then presented including the relationship of salt levels to the oil content of fat fried snacks, solubility rate of salt and its relationship to the surface area of the salt particle, and factors involved in controlling salt application. It is recommended that salt content and dispersion be frequently checked by chemical or instrumental determination. Finally the producers are alerted to recommendations by nutrition experts for reduced salt content of foods

955-75
CONVENIENCE FOODS.
M E Thorner
Cornell Hotel Restaurant Admin Quarterly 16 (1): 59-63, 75, 80. May 1975.
TX901.C67
Convenience foods, Food decoration, Food service industry, Frozen foods, Garnishes.
Extract: Garnishing and plating have emerged as the principal arts within the convenience food field. When the art of exploiting these elements is mastered, the opportunity lies open to serve the customer an exciting, effective and palatable menu, that is both tasty and varied.

956-75
TOO MUCH SOY CAN AFFECT BEEF FLAVOR.
CRI Weekly Rep 4 (43): 5. Oct 31, 1974.
TX341.C6 F6N
Ground beef, Hamburgers, Meat, Meat alternates, Meat products, Soybean products.
Abstract: In discussing soyburgers, this article points out that the addition of textured soy protein beyond 2% will adversely affect their palatability. Commercial textured soy protein can sometimes be added at a greater rate since it contains spices that mask soy bean flavor. The article also emphasizes that the blending of beef with high protein products from other animal and plant sources does not significantly lower protein quality. Useful meat extenders are listed. Nutritionists, school lunch administrators, and other health professionals should be aware of these possibilities useful in stretching meat supply.

957-75
HIGH-PROTEIN COOKIES - EFFECT OF SOY FORTIFICATION AND SURFACTANTS.
C C Tsen, E M Peters, M J Hoover
Bakers Dig 47 (4): 34, 36-39, Aug 1973.
389.8 S11
Cookies, Protein foods, Protein modifications, Protein-rich mixture, Soybean products.
Abstract: This paper reports on research done on high protein cookies prepared from wheat flour fortified with various soy products. Specifically it deals with the effects of fortification levels of soy products on cookies' size, of substituting soy products for nonfat dry milk, and of various additives on cookies' spread ratio and shortening requirements. It is concluded acceptable high protein cookies can be prepared from wheat flour fortified with soy flour or protein isolate, particularly with the addition of sodium stearoyl-2-lactylate or sodium stearyl fumarate. Nutritionists concerned with the nutritional care of children as well as those in food technology will find this paper of interest.

958-75
COMPLETE GUIDE TO HOME CANNING, PRESERVING, AND FREEZING.
U.S., Dept. of Agriculture
New York, Dover Publications 214 p., illus. [1973].
TX7.U6 NO.8 1973
Canned foods, Canning, Food preservation, Freezing, Frozen foods.
Available from NAL.

959-75
WHAT DO KIDS LOVE?
Cooking for Profit 483 (285): 32-34. Sept 1 74.
TX901.C65
Ascorbic acid, Canned foods, Child nutrition, Dehydrated foods, Frozen foods, Nutrients, Potatoes, School lunch.
Extract: Instant potato granules enriched with vitamin C simplify preparation and serving in the schools. The approximate two and a half cents per half cup serving make them a truly low cost food for school lunch menus.

960-75
TOMORROW'S SYSTEM--THE FOOD FACTORY--TODAY.
Betty Jayne Williamson
J Am Diet Assoc 66 (5): 499-504. May 1975.
389.8 AM34
Automation, Buildings, Cooking equipment (Large), Food delivery, Food processing, Food production, Innovation, Productivity.
Extract: Today, every mass feeding operation experiences the effects of spiraling labor and food costs, as well as a growing shortage of both skilled and unskilled work forces. As a result, we have reached the time when something must be done to counter these problems and upgrade the efficiency, effectiveness and productivity of foodservice departments. The total food factory system provides the answers to these many issues

# PROGRAMS - GENERAL

961-75
POPULATION AND DEVELOPMENT (KIT).
American Freedom from Hunger Foundation
Washington, D.C., American Freedom from Hunger Foundation
Kit, 6 pamphlets, 5 booklets, pictures, photographs, graphs.
[n.d.]
HB871.P6 F8N AV
Demography, Developing nations, Family planning, Hunger, Income, Instructional materials.
Abstract: This packet of materials can be used by adults either in schools (secondary and college) or in a public health station. These booklets, magazine article, and speeches repeat the theme that the population of the world is growing at a rate that will lead to self-destruction. There is not enough food to support the rising population of the world. Unless stringent birth control is practiced at once, general famines will begin by 1979-80.

962-75
FEDERAL PROGRAMS TO IMPROVE MEXICAN-AMERICAN EDUCATION.
Clayton Brace
U.S., Office of Education
Washington, D.C., Educational Resources Information Center 6 p. 1967.
TX368.B72 F8N
Federal programs, Health services, Mexican-Americans, Nutrition education.
Available from: Computer Microfilm International Corp., P.O. Box 190, Arlington, Va., 22210; EDRS price MF-$0.25, HC-$0.
12; ERIC Report no. ED 014 338.
Abstract: Programs which can be used to increase opportunities for Mexican-Americans are listed and methods for applying described. Nutrition and health services come under Title I projects approved by the state education agency.

963-75
BREAKFAST HOPSCOTCH.
Sch Foodserv J 29 (3): 28-31. Mar 1975.
389.8 SCH6
Child nutrition, Energy, Learning behavior, Menu planning, Recipes, School breakfast, School breakfast programs, School food service.
Extract: Breakfast really is the most important meal, especially for energy-using kids who need food fuel to get through the morning. These breakfast menus--devised by school foodservice directors--not only look and taste good but also will get childrens minds and bodies through a school morning with a minimum of discipline problems.

964-75
USDA FOOD AND NUTRITION PROGRAMS--A PROGRESS REPORT (FEB 19-
Fredericka Bunting, Robert Reese
Natl Food Situation p. 34-42. Feb 1975.
1.941 S2F73
Child nutrition, Child nutrition programs, Food cost, Food programs, Food stamp programs, National School Lunch Program.
Extract: Rapid expansion of the Food Stamp and other Food and Nutrition Programs of the U.S. Department of Agriculture during the 1970's has been accompanied by structural program changes resulting from higher priorities assigned to national food and nutrition goals, changes in the role of the Federal Government in attaining these objectives, and agricultural and economic conditions. Further changes will depend in part on results from an on-going legislative re-examination of Federal cash and in-kind income transfer programs and alternative forms of welfare systems.

965-75
CHILD FEEDING PROGRAMS: WHERE DO YOU DRAW THE LINE?
Sch Foodserv J 29 (6): 80-85. June 1975.
389.8 SCH6
Child nutrition, Food economics, Legislation, School lunch programs, Student participation.
Extract: Richard Feltner, Assistant Secretary of Agriculture feels that many child feeding programs could be eliminated. He also seriously questions the concept of universality, wondering where the line is drawn between free lunches, free books, and free clothes for all. The complexity of the school lunch programs is discussed in this interview.

966-75
SERVING SCHOOL AGE CHILDREN.
Donald J Cohen, Ronald K Parker, Malcolm S Host
Washington, GPO 71 p. 1972.
HV854.C6 F8N
Adolescents (12-19 years), Child care workers, Child development, Child nutrition, Day care programs, Day care services, School children (6-11 years).
Abstract: In this booklet parents and teachers as well as those who manage or work in day care centers may learn what such programs may be expected to provide for school age children up to the early teens. In addition to center, family and in-home programs, the publication discusses the child's development during these years, and the services the center can give the child. Among the latter are health and nutrition.

967-75
DEMONSTRATION PROJECT FOR THE EMPLOYMENT OF A NUTRITION EDUCATION SPECIALIST.
Judith Dodd, Kenneth Reinhart
Pennsylvania, Dept. of Education, Division of Food and Nutrition Services
Harrisburg, Penna. var. pag. 1974.
TX364.D62 F8N
Administrator education, Child nutrition, Consultants, Instructional materials, Nutrition education, Parent education, Pennsylvania, Teacher education, Teaching techniques.
Abstract: This report demonstrates the effectiveness of having a specialist at the State level available to Pennsylvania school districts. The main objectives of the project are to develop and maintain contact with State and local agencies involved in child nutrition, and to develop and evaluate techniques and materials for nutrition education aimed at administrators, teachers, parents and secondary pupils, in model form.

968-75
ELDERLY SERVED MEALS IN MILWAUKEE SCHOOLS.
CNI Weekly Rep 4 (33): 6. Aug 15, 1974.
TX341.C6 F8N
Elderly (65 + years), Nutrition programs, School food service, School lunch, School lunch programs.
Abstract: This article describes a program in Milwaukee, Wisconsin for elderly persons whereby they may obtain lunch at city schools for fifty cents a meal and ten cents for a beverage. This charge covers food and labor costs and therefore costs the school district nothing. Menus are announced each week on radio, television, and in newspapers so that elderly persons may decide which days they'll participate. Those concerned with the nutritional care of the elderly will find this lunch plan of interest.

969-75
NO-LINE, PLENTY-OF-TIME LUNCH.
Phyllis F Filemyr
Sch Foodserv J 29 (2): 52-56. Feb 1975.
389.8 SCH6
Attitudes, Behavior, Cafeterias, Open plan schools, School food service, School lunch.
Extract: As so often happens in open space schools, the cafeteria is not adapted to the freer atmosphere. It stays as regimented as ever. But this Pennsylvania school foodservice director created an open lunchroom atmosphere with the result that students are eating better and enjoying their lunch period more.

970-75
WHY BREAKFAST AT SCHOOL?
Florida Department of Citrus
Lakeland, Florida, Department of Citrus leaflet, 4 sided. 1974.
TX733.F5 F8N
Breakfast, Child nutrition programs, School breakfast, School breakfast programs, School food service.
Abstract: This short publication outlines reasons supporting the establishment of School Breakfast Programs and could prove helpful to those trying to establish such a program in their schools. The possible cause and effect relationship between nutrition and children's learning processes and school performance are briefly discussed. Physical effects resulting from undernutrition such as could occur from faulty breakfast habits are listed along with a discussion of the known poor breakfast habits of Americans. Additional educational materials prepared by the Florida Department of Citrus include five leaflets and three posters and are available with this publication.

971-75
FRAC'S GUIDE TO THE NATIONAL SCHOOL BREAKFAST PROGRAM
Food Research and Action Center
New York 16 p. Jan 1975.
LB3475.U5F62 F8N
Child nutrition, National School Breakfast Program, Planning, School breakfast.
Abstract: This pamphlet supplies facts on the breakfast program, eligibility guidelines, and methods for getting a program moving. Samples of a flyer, an agenda, a press release, a presentation to the school board, and a 20-day menu are included, as is a list of answers to common arguments. A list of Food and Nutrition Regional Offices is supplied.

972-75
SPECIAL FOOD SERVICE PROGRAMS FOR CHILDREN.
Food Research and Action Center
New York, Food Research and Action Center 21 p. [n.d.]
HV854.F6 F8N
Day care programs, Head Start, Professional education, School food service, Special groups, diets, Summer programs.
Abstract: This publication has been compiled for those who

973-75

administer day care centers, Head Start programs, summer recreation programs, and neighborhood centers, to advise them of the Special Food Service Program for Children which provides federal funds to institutions feeding children not in school. The booklet advises these people on legislation, regulations, program finances, donated commodities, equipment and summer feeding requirements of this program. It also lists the rights of nonprofit groups, which serve food to children in areas of poor economic conditions, to support from this program, including donated foods, and subsidies for equipment.

974-75
THE STORY OF A SEMINAR IN APPLIED COMMUNICATION--THE 1972 DAG HAMMARSKJOLD SEMINAR ON "COMMUNICATION - AN ESSENTIAL COMPONENT IN DEVELOPMENT WORK". UPPSALA, SWEDEN, 1972.
Andreas Fuglesang
Sweden, The Dag Hammarskjold Foundation 142 p., illus. 1973.
HF5549.5.C6F8
Audiovisual aids, Change agents, Communication skills, Communications, Developing nations, Nutrition education, Professional education.
Abstract: This publication is an account of a 1972 seminar on communication as an essential component in development work. It gives highlights of speeches on the communications process and of various case histories, including one on home economics and one on nutrition, as well as other related areas. Included also are firsthand reports of some of the "live" communications exercises which were part of the seminar. For nutrition educators and other professionals who instruct the public.

976-75
PROBLEM: HOW TO BOOST PARTICIPATION BY 15%; SOLUTION: PROJECT SMILE.
B B Fulbright
Food Management 10 (8): 61. Apr 1975.
TX341.F69
Atlanta, Georgia, Behavior, Environmental factors, Menu planning, School food service, Student participation.
Abstract: Multiple choice menus were the most significant addition in Carrollton high school's food service program to increase participation. Other program effects at the Atlanta, Georgia school include an increase in food consumption and improvement in behavior.

975-75
GENERAL OBJECTIVES OF AND GUIDELINES FOR SUPPLEMENTARY FEEDING PROGRAMMES FOR PRE-SCHOOL CHILDREN.
C Gopalan
Nutr Dietet 15: 9-5. 1973.
TX341.N8 F6B
Child nutrition programs, Food distribution programs, Food programs, Objectives, Preschool children (2-5 years).
Abstract: This article, of particular interest to those involved in the nutritional care of children, outlines the role of supplementary feeding programs for pre-school children. Such programs are considered for four situations: emergencies, for tribal and socially depressed sections, for rural communities, and for urban situations and industrial establishments. Specifics of the programs such as type of food, mechanics of operations, integration with other health and welfare programs and nutrition education, and possible results in socio-economic development are discussed.

976-75
GREATEST SHOW ON EARTH.
Sch Foodserv J 29 (1): 48-53. Jan 1975.
389.8 SCH6
Holiday foods, School food service.
Extract: National School Lunch Week 1974 turned out to be a three-ring attraction in many of the nation's schools. There's never been a circus like it any where. It took place in lunchrooms all across the country on October 16, 1974. It was Universal Menu Day during National School Lunch Week.

977-75
PUBLICIZING FOOD STAMPS: A GUIDE FOR LOCAL FOOD STAMP CAMPAIGNS.
Bob Greenstein
Washington, D.C., Community Nutrition Institute 36 p. 1974.
HV696.F6G7 F6B
Advertising, Communications, Community action, Community involvement, Food stamp programs, Mass media.
Abstract: Detailed advice on how to run a successful food stamp campaign is given in this publication. Included are: how to organize a press conference; write press releases and public service announcements; set up poster displays; call in to (or appear on) talk shows; enlisting support of community groups; and producing a newsletter. Volunteer, church and civic groups and nutrition associations working at the community level would find this a helpful publication.

978-75
NUTRITION AND NUMBERS IN THE THIRD WORLD.
J George Harrar
BioScience 24 (9): 514-517. Sept 1974.
500 AM332A
Agricultural development, Food supply, Population distribution, Population growth.
Abstract: In this paper the lack of balance between production and distribution of needed food supplies in the world is discussed. Unrestrained population growth is continuing to aggravate the problem and unless checked will result in severely reduced standards of living and for millions - chronic malnutrition and starvation. Agriculture production is another factor so important to world food supply. Encouragement must be given to the agriculture industry world wide, with high priorities assigned to agricultural systems of management and production. All nations with an agricultural industry should participate for the universal good and national agricultural development plans should be developed. Every effort must also be made to provide additional food through unconventional methods. The author concludes that through this increased production and population stabilization through international understanding the world food crisis will be met. Those concerned with this problem and its effects on human quality of life will find this paper of interest.

979-75
HAVE CHILDREN, WILL FEED.
Sch Foodserv J 29 (3): 32-38. Mar 1975.
389.8 SCH6
Boston, Child nutrition, Learning behavior, Philadelphia, School breakfast, School breakfast programs, School food service.
Extract: Only thing to do for a hungry child is feed him. And if he comes to school hungry in the morning, you start by feeding his breakfast. Two big city school districts-Boston and Philadelphia--started breakfast programs in their schools with the help of their local milk purveyors.

980-75
HAWAII SCHOOL LUNCH; WHERE A HOT MEAL COSTS ONLY A QUARTER.
Modern Schools p. 7-9. Jan 1975.
LB3209.M6
Equipment, Food cost, Hawaii, Innovation, Kitchens, School food service, School lunch programs.
Extract: Hawaii, site of the 1976 annual convention of the American School Food Service Association, has reason to be proud of its school lunch program: it boasts an 82 percent participation rate! an outstanding example of Hawaii's centralized school food service system is the Henry J. Kaiser High School, located on Oahu, the state's most populous island.

981-75
HOT LUNCH PROGRAM GIVES WAY TO LOCAL FAST FOOD.
Kitchen Planning 11 (8): 21-31. Fourth quarter, 1974.
HAB330.A1K5 F6W
Fast foods, Fast-food chains, School lunch programs, Student participation.
Extract: A typical suburban community in Michigan has seen the Type A hot lunch program fail in one of its high schools The reason: competition from neighborhood drive-ins.

982-75
HUNT-WESSON NUTRITIONAL ASSISTANCE PROGRAM FOR THE CULTURALLY DEPRIVED, 20%.
Hunt-Wesson Foods
Fullerton, Calif., Hunt-Wesson Foods 6 p. 1973.
TX361.D5H8 F6W
Food purchasing, Food selection, Foods instruction, Menu planning, Nutrition aides, Nutrition education, Nutrition programs.
Abstract: This report discusses a nutrition education program piloted and funded by a major food company. It basically entails a one-to-one approach offered by community "Shopper guides" who were trained and then assisted shoppers in conjunction with Ralph's Grocery Stores in the Watts area of Los Angeles. These guides advise on planning menus, food buying, reading labels, checking prices and answering shoppers' questions. Pamphlets with suggested menu plans and recipe ideas were given to the shoppers. Much success was attributed to the fact that the guides were "in tune" with the shoppers' value systems, attitudes and beliefs. This report should be of particular interest to those working in nutrition education programs at the community level.

983-75
INCREASING YOUR HIGH SCHOOL PARTICIPATION.
Type A Topics 4 p. Nov 1973.
TX341.T9 F6B
Attitudes, Child nutrition programs, High school students, School food service, School lunch programs, Student participation, Type A lunch.
Abstract: Workable suggestions for increasing participation in high school food service. Some of these are: express lines, merchandising the Type A lunch, and outdoor lunch. A list of conclusions on students' attitudes is included, which was drawn from a student survey. Three thematic menus are supplied.

984-75
JOG, EAT AND LEARN FOR HEALTHY BODIES.
Sch Foodserv J 29 (5): 25-26. May 1975.
389.8 SCH6
Child nutrition, Exercise, Health, New Jersey, Nutrition education, School food service, School lunch, Weight reduction.
Extract: Teachers, school food service people and the school nurse at this Patterson, New Jersey school all work together to give kids healthier bodies through exercises and nutrition lessons.

985-75
KINDERGARTNERS CLIMB THE TREE OF LIFE.
Sch Foodserv J 29 (6): 54-57. June 1975.
389.8 SCH6
Connecticut, Cooking, Nutrients, Nutrition education, Preschool children (2-5 years), School food service, Snacks, Teaching methods.
Extract: Suffield, Connecticut youngsters learn about good foods with the help of school food service personnel and teachers. The kindergartners make and sample their own snacks.

986-75
LET'S LOOK CLOSELY AT PREPLATED LUNCHES.
CNI Weekly Rep 4 (40): 6-7. Oct 10, 1975.
TX341.C6 F6N
Child nutrition programs, Food programs, School food service, School lunch, School lunch programs.
Abstract: This paper examines the trend of preplated lunches. Shortcomings and limitations found with this feeding approach are discussed including questionable nutritional quality in terms of nutrient loss, the use of additives, food variety limitations, energy consumption in preparation, personnel needs, and possible educational messages. School food service employees will find this discussion of interest.

987-75
THE LUNCH THAT IS NOT FOR SALE.
CNI Weekly Rep 4 (40): 5-6. Oct 10, 1975.
TX341.C6 F6N
Child nutrition programs, Food programs, School food service, School lunch, School lunch programs.
Abstract: This article points out the tremendous lack of participation in today's reduced price lunches, part of the school lunch program. Reasons for this low participation level are outlined. With the primary reason being the lack of support in local school districts. Eligibility for the lunches is briefly discussed. This provision was made a permanent part of the National School Lunch Act in July 1974 and school lunch personnel should be aware of its lack of acceptance and the reasons causing this lack.

988-75
FOOD AND NUTRITION PROGRAMS IN KENTUCKY: STATEWIDE AND BY COOPERATIVE EXTENSION SERVICE AREAS.
Fudeko Maruyama, Wilma Robinson
Kentucky Nutrition Council
Lexington, Ky., University of Kentucky 28 p. 1974.
TX349.K62 F6N
Kentucky, Program design, Program guides, Programs.
Abstract: This listing of current food and nutrition programs in Kentucky available to the general public was compiled to facilitate their utilization by professional and paraprofessional staff in the fields of nutrition, dietetics, health and social work. Included are federal, state and local level nutrition programs. Statewide programs are listed first, then area-wide programs are broken down. For each program, details given are: director's name and address; program sponsor; source of funding; area served; who is eligible; cost to client; program restrictions; how to apply; and a brief description of the program.

989-75
IMPLEMENTING A PORTABLE MEALS PROGRAM.
Wilmer McAllister
J Am Diet Assoc 66 (4): 375-377. Apr 1975.
389.6 AM3A
Elderly (65 + years), Food packaging, Food preparation, Food programs, Hospital food service, Meals on Wheels, Volunteers.
Abstract: A Meals on Wheels program developed at University Hospital in Pensacola, Florida is described. Descriptions of organization and planning, and methods for preparation and packaging of meals are given. The significant role of volunteer assistance is reviewed.

990-75
PROJECT ANSWER STUDIES SCHOOL LUNCH.
Michael McAteer
Food Nutr 5 (1): 10-11. Feb 1975.
aTX341.F615
Cooperative purchasing, Disadvantaged youth, Equipment, Florida, Food habits, Food preparation, Nutrition education, School food service, School lunch.
Extract: Under the project, five Florida counties studied all aspects of school food service in order to develop new ways to make improvements. They investigated the process of selecting proper kitchen equipment, experimented with cooperative food purchasing among counties, used different approaches to nutrition education in both lunchroom and classroom, and reviewed personnel policies. They also devised new methods to increase school lunch participation among those eligible for free and reduced-priced meals.

991-75
PROJECT SMILE SELLS LUNCH AT CARROLLTON.
Christina McGovern
Food Nutr 5 (1): 13-15. Feb 1975.
aTX341.F615
Food habits, Georgia, High schools, Nutrition education, School food service, School lunch, Student involvement, Student participation.
Abstract: Up-grading of the cafeteria, food preparation and serving, and innovations in menus have caused student participation to soar at Carrollton High School in Georgia. Students help by developing gourmet menus.

992-75
MENU FOR GROWTH: THE STORY OF THE NATIONAL SCHOOL LUNCH PROGRAM (MOTION PICTURE).
Massachusetts: The G.S. Blodgett Company, Inc. 1 reel, 16mm, sd, col, 15 min. [n.d.].
TX360.M65 F6N AV
Cost effectiveness, Design needs, Facility requirements, Federal aid, Federal programs, Food service management, Food service workers, History, National School Lunch Program.
Distributed by Bay State Film Productions, Inc., Boston, Massachusetts.
Abstract: The National School Lunch Program offers schools an opportunity to provide students with nutritious meals at low cost. The USDA provides federal aid in the form of donated foods, nonfood assistance, and matching funds for various kinds of school food service programs. A school food service cannot operate efficiently, however, if facilities and equipment are not designed for the special needs of school food programs. Commercial cafeterias have different needs and purposes than do school cafeterias that provide a single menu of a specified standard served to a large number of people in a short space of time. Besides proper equipment, school food services must have well-trained workers and managers who know how to plan menus, keep costs under control, purchase high-quality food, and prepare it efficiently and appetizingly.

993-75
MORE THAN A MEAL; TWO PROGRAMS PROVIDE COMPANIONSHIP AND HOT MEALS FOR THE ELDERLY.
Benedicto Montoya
Food Nutr 5 (1): 2-4. Feb 1975.
aTX341.F615
Elderly (65 + years), Food cost, Food programs, Food stamp programs, Lunch, School food service, Seattle.
Abstract: In Seattle, school food service is serving hot, nutritious meals to persons over sixty. Twelve schools participate in preparing a lunch which costs 70 cents and can be paid for with food stamps. School children act as hosts, and after lunch, recreational activities are conducted.

994-75
TYPE A DIET PLACES TRIM POUNDS.
Benedicto Montoya
Food Nutr 5 (2): 11. Apr 1975.
aTX341.F615
Arizona, Diets, Innovation, Nutrition education, Student participation, Type A lunch, Weight reduction.
Abstract: Student participation in school lunch at Canyon del Oro high school in Arizona increased by leaps and bounds with the introduction of this weight reduction program. Nutrition education is a by-product of the program; the students learn which foods are nutritious yet low in caloric values.

995-75
MORE QUESTIONS THAN ANSWERS.
Sch Foodserv J 29 (6): 86-91. June 1975.
389.8 SCH6
Fortification, Legislation, Menu planning, Minimum Daily Requirements, Nutrient standards, Nutritional labeling, School lunch programs, Type A lunch.
Abstract: In this interview, Dr. Grace Ostenso, Director of the Food and Nutrition Service Nutritional and Technical Services Staff answers queries on school lunch, Type A lunch and nutrient standard menus, menu planning, nutrition labeling and legislation.

996-75
NATIONAL ADVISORY COUNCIL ON CHILD NUTRITION ANNUAL REPORT/1-973.
National Advisory Council on Child Nutrition
Washington, GPO 15 p. Apr 1974.
HJ206.A1N3 1973
Child nutrition programs, Food service training, Nutrition education, Program evaluation, Program planning.
Abstract: This report stresses nutrition education as the key to improving the nutritional status of the nation's children and adults. Written by a council whose task is to make a continuing study of child nutrition/school lunch programs, six recommendations are offered as a result of this work. These recommendations urge the development of comprehensive nutrition education programs in the schools, the increased use of existing programs, the increased participation of schools and students in food service programs, an upgrade of school food service personnel and an increase in federal funds to strengthen state administration of child nutrition programs. Much material is included which could be used to support many efforts to increase nutrition education in the schools.

997-75
FOOD SERVICE PROGRAMS FOR CHILDREN: AN ANNOTATED BIBLIOGRAPHY.
National Agricultural Library
Beltsville, Md. 78 p. Jan 1975.
Z5776.N8F6 F6N (NAL Library List no. 99)
Bibliographies, Child nutrition programs, Food programs, Milk programs, School breakfast programs, School lunch programs, Special Food Service Program for Children.
Extract: Materials in this annotated bibliography relate specifically to the National School Lunch Program, the School Breakfast Program, the Special Food Service Program for Child-

998-75
ren, and the Special Milk Program. Materials on the nutrition of children and nutrition education have been omitted except as they relate to the above programs. A retrospective search was made of materialsacquired from August 1967 through December 1973 by the National Agricultural Library and the Food and Nutrition Information and Educational Materials Center to select items for inclusion in this publication.

998-75
THE LUNCH BUNCH (MOTION PICTURE).
New Jersey Department of Education
Trenton, New Jersey Dept. of Education 1 reel, 16mm, sd, col , 15 1/2 min. 1973.
TX361.C5L82 F6N AV
Child nutrition programs, Food service, School children (6-11 years), School food service, School lunch, School lunch programs.
Abstract: This film shows the problems involved in getting elementary school aged children lunch when none is available in school. It concentrates on practical concerns - the working mother who is late back to her job after her son's lunch break; the children unable to do home for lunch who buy pop and chips, etc. The film points out that a lunch program could solve these problems easily, cheaply and efficiently. Three types of lunch programs are specifically described and the advantages of each alternative are outlined. The film could be used to rally community support for a lunch program in nonparticipating schools.

999-75
NUTRITION EDUCATION SPECIALIST PROGRAM.
New York, Education Dept.
Albany, N.Y. var. pag. Nov 1974.
TX364.N827 F6N
Child nutrition, Consultants, Educational objectives, Nutrition education, Planning.
Extract: From April 1973 to June 1974 The New York State Education Department employed a Nutrition Education Specialist within the Division of Health and Drug Education Services. This individual was experienced and trained in both nutrition and health education and worked closely with health educators, school food service personnel, elementary teachers and school nurse-teachers in specific regions and throughout the state. The major thrust of the project-grant was to determine how best this professional could function.

1000-75
HEALTH SERVICES--A GUIDE FOR PROJECT DIRECTORS AND HEALTH PERSONNEL.
Office of Economic Opportunity, Community Action Program, Project Head Start
Washington, D.C. 73 p. 1967.
HA442.5.H4 F6N
Administration, Cardiovascular disorders, Child development centers, Community health services, Dental health, Health education, Health programs, Health services, Planning.
Extract: This manual is written to help Head Start directors, their health services directors, and others participating in the health program to plan and carry out a group of services that will meet the health goals of Project Head Start Child Development Centers. It contains suggestions rather than formulas.

1001-75
ONE, TWO, THREE--YOU'RE OUT.
Sch Foodserv J 29 (6): 76-78. June 1975.
389.8 SCH6
Child nutrition, Commodities, Food consumption, Food economics, Food supply, School lunch programs.
Abstract: An interview with Secretary of Agriculture Earl Butz reveals his point of view on administering school lunch programs: get rid of commodities, eliminate subsidies to paying children, and move the program to Health, Education, and Welfare.

1002-75
PROBLEM: HOW TO FEED HANDICAPPED STUDENTS; SOLUTION: TEACH THEM TO BE INDEPENDENT.
Food Management 10 (2): 69. Feb 1975.
TX341.F69
Attitudes, Behavior, College food service, College students, Food service workers, Handicapped.
Abstract: This case history from Southwest Minnesota State College describes how handicapped students are taught to do as much as possible by themselves while going through the cafeteria line and eating. Attitudes of the workers towards the students were important factors in the success of this project.

1003-75
PROBLEM: HOW TO FEED 3000 STUDENTS WITH LIMITED EQUIPMENT; SOLUTION: DISTRIBUTE FROZEN PREPLATED MEALS.
Food Management 10 (3): 97. Mar 1975.
TX341.F69
Food cost, Food delivery systems, Food service management, Frozen foods, School food service, School lunch, School lunch programs.
Extract: Two years ago Burlington, Vermont, public school children hadn't heard of Type A lunch. Today, more than 3000 students eat hot meals at school thanks to a new centralized distribution center for frozen preplated meals. Nearly 1500 secondary students can take advantage of a new satellite system. Thirteen elementary schools are involved in the centralized feeding venture.

1004-75
RAISING PARTICIPATION THE USDA WAY.
Sch Foodserv J 29 (6): 39. June 1975.
389.8 SCH6
Merchandising, Student involvement, Student participation, Type A lunch.
Abstract: Suggestions include: merchandising nutritious lunches rather than a la carte items; provide choices within Type A patterns; treat students like customers; make administrators aware of the importance of school lunch.

1005-75
REACHING THE PRESCHOOL CHILD, 1970; REPORT ON NUTRITION WORKSHOP.
Denver, American School Food Service Assn. 22 p. [1970].
TX364.R43 F6N
Infants (To 2 years), Malnutrition, Nutrition education, Preschool children (2-5 years).
The workshop participants visited 4 cities: Denver, Corpus Christi, Atlanta, and Philadelphia.
Abstract: A report of the nutrition workshop held in the United States from July 2--August 6, 1970. Representatives from twelve developing countries met to study different ways of improving child nutrition. The purpose of the workshop was to identify the nature and magnitude of the problem, to weigh the cost and benefits of alternate approaches to the problem, and to seek and develop new innovative techniques where existing approaches may be inadequate.

1006-75
FOUR SISTERS SPECIALIZE IN SCHOOL LUNCH.
Ronald J Rhodes
Food Nutr 5 (2): 5. Apr 1975.
aTX341.F615
Colorado, School food service, School lunch programs.
Abstract: The sisters' participation in school lunch programs in Colorado is described, and their contributions to upgrading the quality of food and service are discussed.

1007-75
WHAT ARE THEY FEEDING YOUR CHILDREN?
Phyllis C Richman
Washingtonian 10 (5): 159-164. Feb 1975.
F191.W8 F6N
District of Columbia, Food cost, Food quality, Maryland, Nutrients, School food service, Virginia.
Abstract: Lunch at schools in Virginia, Maryland, and the District of Columbia are rated on the bases of palatability, nutrition and price. Descriptions of each school's lunch program are included and students attitudes are reviewed.

1008-75
QUALITY, PRICE, FOOD STANDARDS SLOW FROZEN FOOD PURCHASE BY SCHOOLS.
Virginia Ross
Quick Frozen Foods 37 (7): 26-27, 69. Feb 1975
389.8 Q4
Elderly (65 + years), Food cost, Food purchasing, Food standards, Frozen foods, National School Lunch Program, School breakfast, School food service, Type A lunch.
Extract: The use of convenience foods (prepared, frozen, canned and ready-to-serve) in school feeding programs is increasing, but whether or not frozen food processors will get a good share of this market depends heavily on two factors--quality and price. A recent survey conducted by the American School Food Service Association turned up some interesting facts on this subject. Twenty-five per cent of the major city directors surveyed said they had used preplated meals, but 2% per cent would not be purchasing more because they lacked the desired quality.

1009-75
SCHOOL BREAKFAST PROGRAM: A FEASIBILITY STUDY.
San Francisco, San Francisco Unified School District 10 p.
May 21, 1974.
TX733.S3 F6N
Breakfast, Child nutrition programs, School breakfast, School breakfast programs, School food service.
Abstract: This report discusses the fiscal and operational feasibility of a breakfast program. Funding sources, facilities, personnel, costs and other components essential to an operational design are reviewed. Implementation timetable and a discussion concerning the coordination of the breakfast program with nutrition education are also presented. School food service personnel and school administrators will find a feasibility study such as this of interest.

1010-75
SCHOOL BREAKFASTS: ENERGY TO THINK AND PLAY BY.
Sch Foodserv J 29 (3): 25-27. Mar 1975.
389.8 SCH6
Energy, Food cost, Learning behavior, Menu planning, School breakfast, School breakfast programs, School food service.
Extract: Recognizing that children--rich and poor--who do not get breakfast before they come to school in the morning are likely to be sleepy, dull and hungry during morning classes, the federal government passed legislation authorizing breakfasts in schools in 1966. Nutritional guidelines for breakfasts were established and funding provided.

1 01-75
COMMUNAL DINING IN PENNSYLVANIA.
Herb Strum
Food Nutr 5 (1): 8-5. Feb 1975.
aTX341 F615
Elderly (65 + years), Food programs, Food stamp programs, Lunch, Pennsylvania, Social relations, Socioeconomic influences
Abstract: Elderly Pennsylvanians now can use food stamps to pay for hot lunches in 50-odd centers for senior citizens. Transportation is available in some areas. A project is underway to get people to use their food stamps instead of cash. Many of the elderly associate the use of stamps with loss of pride and dignity.

1012-75
FOOD RIGHTS HANDBOOK.
The Children's Foundation
Washington, DC, The Children's Foundation 83 p. Aug 1974.
LB3479.U5C6 F6N
Federal aid, Federal programs, Food programs, School lunch programs.
Abstract: This book discusses federal food assistance programs, giving background information, program organization and administration, eligibility, and application procedures. The material is organized into five parts and discusses programs designed for children, women and children, families, and the elderly. The appendix includes information for eligibility determination, a listing of offices participating in the Supplemental Foods and WIC programs, and a listing of other organizations offering further information and assistance. This information could be helpful to the nutrition educator for personal information as well as in counseling people eligible for these programs.

1013-75
HOW TO GET REDUCED PRICE MEALS INTO YOUR SCHOOL.
The Children's Foundation
Washington, D.C., The Children's Foundation 19 p. [n.d.].
LB1479.U5C6 F6N
Child nutrition programs, Food programs, Lunch, School food service, School lunch, School lunch programs.
Abstract: This handbook outlines explicit steps for parents to take to get reduced price meals into a school. Suggestions are made for formation of an action committee, the writing and presenting of a petition to school officials, possible responses to administrative reasons for denying the request, suggestions for application and collection of payment procedures, and suggestions on how to proceed if the request is denied.

1014-75
NUTRITION PROGRAMS FOR THE ELDERLY: A GUIDE TO MENU PLANNING, BUYING, AND THE CARE OF FOOD FOR COMMUNITY PROGRAMS.
U.S., Agricultural Research Service, Consumer and Food Economics Research Division
Washington, D.C., GPO 44 p. July 1972.
TX361.A1N82 F6N
Elderly (65 + years), Food cost, Food preparation, Food programs, Food purchasing, Food safety, Food wrappings, Nutrition programs.
Abstract: This publication is designed to help people working on community programs that provide nutritious meals for older persons. It offers information on meal patterns with sample menus and includes suggestions for menu planning, buying and storing foods, conserving the nutrients in food, keeping food safe to eat and packaging meals for home delivery. An extensive reference list is provided along with various cost charts and a guide to common can sizes.

1015-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON NUTRITION AND HUMAN NEEDS; PART 1 - FEEDING THE ELDERLY.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D.C., GPO 164 p. May 3, 1973.
KF26.5.N8 1973E PT.1 F6N
Aging, Food stamp programs, Hunger, Income groups, Legislation, Social Security.
Abstract: The public hearings held on nutrition and the elderly were to determine the effectiveness of the current public programs in meeting the nutritional needs of America's senior citizens. It was felt to be necessary due to the impending implementation by the Department of HEW of two programs potentially of great consequence to the nutritional status of the elderly: 1) The Nutrition Program for the Liderly under the Administration on Aging; and 2) The Supplemental Security Income (SSI) under Social Security. Elderly and disabled persons eligible for SSI became ineligible for food stamps after January 1, 1974. The concern is whether the federal government might be helping a few while hurting many by the changes in programs.

1016-75
HEARINGS, NINETIETH CONGRESS, SECOND SESSION AND NINETY-FIRST CONGRESS, FIRST SESSION, PART 6--FOOD ASSISTANCE REFORM.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, GPO p. 2095-2180. 1969
KF26.5.N8 1969J PT.6 F6N
Administration policies, Adult nutrition education, Food distribution programs, Food economics and consumption, Food stamp programs, Program budgeting, Starvation.
Abstract: Papers from 3 days of hearings before the committee are collected here. Food assistance in the U.S. is discussed. Views toward income maintenance, food stamps, surplus food and food distribution are discussed.

1017-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON NUTRITION AND HUMAN NEEDS; PART 4 - SCHOOL FOOD PROGRAM NEEDS.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D.C., GPO p. 395-568. 1973.
KF2L.5.N8 1973 PT. 4 F6N
Federal programs, Hearings, Hunger, Legislation, School food service, School lunch programs, Type A lunch, U.S. Dept. of Agriculture.
Abstract: The hearings contain the statements made on ways to provide adequate nutrition to millions of children attending schools not participating in the National School Lunch and Child Nutrition Programs. Witnesses at the hearings were from a coalition of concerned groups organized by the Jaycee Center for Improved Child Nutrition in Bloomington, Minnesota. The administration was represented by Department of Agriculture Secretary Clayton Yeutter.

1018-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON FEDERAL FOOD PROGRAMS; PART 3 - SUPPLEMENTARY FOOD PROGRAMS.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D. C., GPO 393 p. 1973.
KF26.5.N8 1973F PT.3 F6N
Commodities, Federal aid, Federal programs, Food stamp programs, Legislation, Nutrition education, School breakfast programs, School lunch programs.
Abstract: The basic purpose of the hearing was to discuss how effectively the various food programs were working, to take any suggestions that might have been made as to how these programs could be improved, either in their funding or administration. The discussion was limited to the effectiveness on the U.S. Indian reservations. Some of the problems mentioned were: 1) need for nutrition education, 2) transportation and 3) inadequate cooking facilities.

1019-75
HEARINGS, NINETY-THIRD CONGRESS, FIRST SESSION, ON FEDERAL FOOD PROGRAMS; PART 2 - HUNGER IN 1973.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D.C., GPO 101 p. 1973.
KF26.5.N8 1973 PT.2 F6N
Family food donation programs, Federal programs, Food stamp programs, Hunger, Legislation, Low income groups.
Abstract: A public hearing before the Senate Select Committe on Nutrition and Human needs to find out why the Food Stamp and Surplus Food programs are not able to help 12 million Americans who are classified as poverty stricken was held in 1973. Included in the hearing's record are the laws pertaining to the Agricultural Trade Development and Assistance Act of 1954 and amendments to that act. Witnesses included Mr. Yeutter, Assistant Secretary of the U.S. Department of Agriculture, Mr. Hekman, Food and Nutrition Service, Mr. Kocher, Food Stamp Division and Mr. Meade, administrator of the Export Marketing Service.

1020-75
HEARINGS, NINETIETH CONGRESS, SECOND SESSION AND THE NINETY-FIRST CONGRESS, FIRST SESSION, ON NUTRITION AND HUMAN NEEDS; PART 2 - USDA, HEW, AND OEO OFFICIALS.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs
Washington, D.C., GPO p. 207-673. 1969.
KF26.5.N8 1969J PT.2 F6N
Commodities, Federal programs, Food stamp programs, Hunger, Income groups, Malnutrition, Nutrition, Nutritional status.
Abstract: The report reflects the limited knowledge and the efforts to increase that knowledge in order to provide the Congress with an adequate picture of the state of the nutrition status of our people and the extent of hunger and malnutrition in the United States. The poor who do receive assistance are not receiving sufficient financial support to provide adequate diets. Many of the poor, ineligible for public assistance, are equally unable to provide themselves with adequate diets, the food programs do not reach all the people who need them. Epidemiological studies have been made that show conclusively that poor people are suffering the consequences of the inadequacy of their diets: the children are smaller; they suffer from anemia and the effects of substandard protein and vitamin dietary intake. There is reason to believe that the continuing levels of inadequacy in dietary intake are associated with physical and mental damage.

1021-75
HUNGER--1973; COMMITTEE PRINT.
U.S., Congress, Senate, Select Committee on Nutrition and Human Needs, Staff
Washington, GPO 75 p. May 1973.
KF26.5.N8 1973H F6N
County programs, Elderly (65 + years), Hunger, Low income groups, Poverty, Pregnancy and nutrition, Statistical data.
Abstract: This report analyzes the 1970 census statistics to determine exactly where the poor in America live who are not being reached by federal food assistance programs. In a stati-

1022-75

stical sense, the report is an update of the 1968 Citizens Report on "Hunger in America", with somewhat different criteria used to determine the "Hunger Counties" of 1973. The report cites the limitations of using county-by-county data to characterize the incidence of poverty across the country--in terms of actual numbers of people--since income distribution patterns on a county basis tend to "disproportionately reflect the situation in rural states." the report also includes an analysis of regional differences in food program participation. There is reason to believe that the real incidence of poverty is higher than the poverty statistics would indicate. Only 15 million of the measured poor participate in any food assistance programsprograms, some of the programs assure nutritional adequacy, indicating that the hunger gap is far from closed.

1022-75
THE USDA STUDY ON HIGH SCHOOL PARTICIPATION IN CHILD NU RITION PROGRAMS.
U.S., Dept. of Agriculture, Food and Nutrition Service
Washington, D.C. 38 p., with 10 p. questionnaire. C000.
LB3479.U5U53 F6W
Administration, Adolescents (12-19 years), Attitudes, Cafeterias, Food service workers, High school students, Quality control, School lunch programs.
Abstract: This study was done by the Dept. Of Agricultureon 29 schools in various parts of the country to ascertain why there is a very high participation in the National School Lunch Program in some schools while in other schools there is a very low student participation in the same program. Interviews were held with school personnel, administrators and food service workers. Questionnaires were given to the students. Results proved that creativity and enthusiasm at all levels are needed to promote the NSLP.

1023-75
YOU AND FOOD STAMPS. (SPA)
U.S., Food and Nutrition Service
Washington, D.C. nnp. Feb 1970.
TX356.U58 F6W
Consumer education, Federal aid, Federal programs, Food programs, Food purchasing, Food stamp programs, Low income groups, Money management.
Title of Original: Usted y estampillas para alimentos.
Abstract: Food stamps can be used by low-income people to help stretch food dollars. Application for stamps can be made at any local welfare office. Eligibility is determined by income and need.

1024-75
FREE AND REDUCED PRICE MEAL HANDBOOK.
U.S., Food and Nutrition Service
Washington, D.C. 56 p. 1974.
LB3475.F72 F6W (U.S. Food and Nutrition service. FNS-106)
Child nutrition, Eligibility, Handbooks, Low income groups, School breakfast programs, School lunch programs.
Extract: This handbook has been prepared as an aid in developing and implementing free and reduced-price policies. It contains samples of a policy, letters to parents, applications, a public release, and collection procedures as well as a summary of administrative decisions affecting free and reduced-price policies. The addendum contains a letter to parents and application in Spanish and an application form for use by school food authorities using computers.

1025-75
NUTRITION: BETTER EATING FOR A HEAD START.
U.S., Dept. of Health, Education, and Welfare
Washington, GPO 12 p. 1972.
TX355.N87 F6W
Child development centers, Child nutrition programs, Disadvantaged youth, Head Start, Professional education.
Abstract: This booklet for those who administer Head Start and Child Development centers offers guidelines to a good nutrition program for the children in attendance. Among the points covered are suggestions for meal patterns and size of servings, a food plan, how to bring children and food together, and safety and sanitation, the latter of particular concern to food service personnel.

1026-75
LUNCH AT CASTRO VALLEY: THE EMPHASIS IS ON CHOICE.
Ralph E Vincent
Food Natr 5 (2): 6-7, Apr 1975.
aTX341.F615
California, Menu planning, School food service, School lunch, Student involvement, Student participation, Type A lunch.
Abstract: A student food advisory council plays a major part in menu selection in this California school district. Competition with other eating places has led to change and innovation. The schools involved range from high to elementary and include a high school for the mentally retarded.

1027-75
WALTHAM BEATS THE HIGH COST OF SMALL SYSTEM HOT FEEDING.
Instit/vol Feeding 76 (4): 67, Feb 1975.
TX1.I55
Massachusetts, Microwave cooking, School food service, School lunch, Trays, servings.
Abstract: This Massachusetts school system uses microwave ovens to serve hot food to 150 students or fewer. A compartmentalized tray, which allows for varying heating of different sections, is the key to the success of the project.

1028-75
AND LUNCH PARTICIPATION SOARED! MENUS GET SPECIAL TREATMENT AT BISMARK.
Melanie Watts
Food Natr 5 (1): 12. Feb 1975.
aTX341.F615
High schools, North Dakota, School food service, School lunch, Student involvement, Student participation.
Abstract: at Bismarck High in North Dakota, menu expansion, up-grading of appearance of the food, and suggestions from students resulted in a 37C percent increase in participation

# RECIPES

1029-75
FRUITS IN COOKING.
Robert C Ackart
New York; Macmillan 48C p., illus. [1973].
TX811.A26 1974
Cookbooks, Cooking techniques, Fruits.
Available from NAL.

1030-75
BUFFET FOODS OF DISTINCTION.
Cooking for Profit 43 (288): 18-22. Dec 1974
TX9C1.C65
Buffets, Food service, Fruits, Merchandising, Recipes, Salads.
Abstract: Recipes for buffet dishes are supplied and a diagram for a "make your own" salad bar is included.

1031-75
CALENDAR OF HI-LO SNACKS.
Forecast Home Econ 20 (5): f22-f23. Jan 1975.
321.8 H752
Caloric values, Nutrients, Nutrition education, Recipes, Snacks.
Extract: All foods supply calories, but some contribute more than others. Since eating snacks is one of our most enjoyable pastimes, their nutrient value and calorie count should be included when planning the daily diet. Here are some satisfying snacks that are high in nutrition and, when eaten in moderation, are low in calories.

1032-75
CALIFORNIA RAISINS.
California Raisin Advisory Board
Fresno, California Raisin Advisory Board 1 folder, 8 pamphlets. 1967.
SB399.C3 F6W
Dried fruits, Ecology, Instructional materials, Nutrient values, Recipes.
Abstract: This folder contains five pamphlets with recipes for raisin cookery. The recipes are a little different, and because they are included in attractive booklets that can be used in cooking classes. Information is also given on the different types of raisins, and their nutritivecomponents. These booklets can be used in cooking classes, and kept by the students. Some information on the nutritional advantages of raisins is included.

1033-75
EVERYDAY COOKING WITH HERBS.
Mary A Collin
Farm Journal
Garden City, N.Y.; Doubleday 228 p., illus. [1974].
TX819.H4C63
Cookery, Herbs, Seasonings.
Available from NAL; "Special section: how to grow your own.

1034-75
HEARTY EATING; A GUIDE TO CORONARY COOKERY.
Roy Curtis, Miriam Rahal Hughes
London, Albyn Press 1973.
RA221.C3C9 F6W
Cardiovascular disorders, Cholesterol, Diets for special conditions, Exercise, Herbs, Nutrients, Recipes, Stress.
Extract: This book is really for everyone, especially for those with a coronary problem, but really, as we say, for everyone. You'll feel better, look better, and be better on the sort of food we recommend. If you're a man over thirty-five, overweight and overworked or underexercised, then you, as the statistics show, are due for a coronary. This book will show you how to avoid your first or your second.

1035-75
EGGS.
Food Serv Mark 37 (4): 17-20, 27. Apr 1975.
389.2538 F732

Menus, Food preparation, Merchandising, Recipes.
Abstract: With merchandising as the emphasis, this article supplies several suggestions and recipes which use eggs in several different ways from entrees to cocktails.

1010-75
[TITLE NOT IN ENGLISH AND DIACRITICS ARE NOT KEPT]
Cooking for Profit 43 (2495): 22-26, 64. Sept 1974.
TX947.C65
Dehydrated foods, Food preparation, Frozen foods, History, Potatoes, Recipes.
Abstract: A brief history of the use of the potato is followed by several recipes which utilize the frozen or dehydrated forms. Suggestions for the best methods of preparation are supplied.

1011-75
"EL HIBISCUS". INCREDIBLE POTATO.
The Fair
Food Management 10 (6): 52-54, 85-89. Feb 1975.
TX341.M66
California, Hospital food service, Potatoes, Recipes.
Abstract: Potatoes figure prominently in the menus of Washington Hospital in Fremont, California. Recipes for salads, entrees, and desserts containing potatoes are supplied.

1012-75
THE ASTONISHING TOUCH OF HERBS AND SPICES.
Janice Carr
Fast Food 70 (6): 107-120, June 1972.
289.2938 F82
Dehydrated foods, Herbs, Recipes, Seasonings, Spice.
Abstract: Names of spices and herbs are described in terms of origin, history, and uses. Hints on storage are supplied and several recipes are given.

1013-75
THE CASSEROLEABLES.
Janice Carr
Restaurant Bus 74 (7): 81-89. Jan 1975.
289.2938 R82
Casseroles, Main dishes, Recipes.
Abstract: Casseroles and one dish meals need never be hackneyed since they offer the cook a variety of food combinations to work with. Three delicious meals include a salmon and green noodle casserole that has excellent eye appeal, a shrimp au gratin casserole that can also be made with crabmeat, chicken, tuna fish or salmon, and an oriental pork and Chinese vegetables combination, heated on a bed of rice are supplied.

1014-75
[TITLE UNINTELLIGIBLE; SPANISH TO FOOD NEWS WITH SALADS.
Janice Carr
Restaurant Bus 74 (6): 174-176. Dec 1975.
289.2938 R82
Food preparation, Food storage, Salad dressings, Salads.
Abstract: Various types of salads are described and pictured, and recipes supplied. Suggestions for preparation and storage of greens are given.

1015-75
[SECRETS OF THE NEW YORK CITY DELI.
Janice Carr
Fast Food 72 (2): 91-96, Feb 1973.
289.2938 F82
Delicatessens, New York City.
Abstract: Foods available in delicatessens run the gamut from sandwiches to full catering services. Some well-known New York restaurants and their specialties are described.

1042-75
[TEAM-RATED: FROZEN DOUGHS AND CONFECTION ITEMS.
Laurie B Gordon
Cooking for Profit 43 (2495): 44-47. Sept 1974.
TX911.C65
Baked goods, Convection ovens, Food preparation, Frozen foods, Recipes.
Abstract: Frozen doughs for food service use have really come into their own in the last few years, especially with the addition of Danish, puff and roll products to dough lines. Operators who have been putting frozen mini loaves of bread to warm pleasing aromas are now broadening their "from baked" menu offerings. Primarily responsible for this burgeoning number of ovenable-finished baked goods has been the versatile convection oven.

1043-75
[TITLE NOT IN ENGLISH] COOKING. II. MALAY, MELANAU, SEA DYAK.
G Jasnah, T Harrisson
Sarawak Mus J 17 (34-35): 282-296. 1969.
TR1.S2 M69
Borneo, Cookery, Southeast Asian, Food habits, Food intake, Food preferences, Food preparation, Food taboos, Foodways, Social factors.
Abstract: This article discusses Borneo recipes, food sharing, food taboos, fish and fowl, marriage feasts, food waste, pilfering, food preparation, and division of labor for cooking.

1044-75
[TITLE NOT IN ENGLISH] COOKING. I. APPETIZERS AND SALADS, TARIOUS MEATS; SOUPS OF COOKING THE RICE DISH; HARDOO COOKERY.
G Jasnah, T Harrisson
Sarawak Mus J 16 (32-34): 158-182. 1968.
TR1.S2 M69
Borneo, Cookery, Southeast Asian, Cooking methods, Ethnic foods, Food habits, Food preferences, Food preparation, Food selection, Foodways.
Abstract: Here is an article on food preparation and cooking methods in Borneo. Social activities associated with eating various foods are discussed. There is mention of the southeast Asian fruit, the Durian, which the "non-initiate has to learn to eat and like.".

1045-75
THERE'S GOLD IN THEM THAR GREENS!
Ted Kaufman, Jean Kaufman
Fam Health 6 (5): 34-37, 58-60, 62, 65, 67. Sept 1974.
RA773.F3 F36
Country, Food preparation, Food purchasing, Leafy green vegetables, Plant sources of foods, Recipes, Vegetables
Abstract: The often forgotten and yet economical food, greens, is discussed in this article written for the lay person. Information on nutritional content, purchasing, and preparation are supplied, with several specific recipes suggested for use with beet greens, collard greens, dandelion greens, mustard greens and turnip greens in both raw and cooked form. Nutrition educators working with consumer groups will be reminded to discuss these foods in teaching and may find this article and the ideas presented interesting and helpful to such discussions.

1046-75
SOFU RECIPES.
Grace Kimuki
Ann Arbor, Grace Kimuki 47 p., illus. 1974.
SB205.S7K5 F66
Cookery, Legumes, Dry, Recipes, Soybean products, Soybeans.
with 76 p. teacher's guide, illus. narrative.
Abstract: At a time when interest in meat alternates is becoming more and more prevalent for economic reasons, with increased interest in meat variety, and concern about the world's food supply, this publication acquaints the reader with a meat substitute, tofu or soybean curd. After explaining how to make tofu at home, 29 recipes are suggested for its use - in soups and sauces, poached, steamed, fried, as one dish meals, with fish and "with this and that." a glossary is also included which defines the native oriental ingredients called for in several of the recipes. Many of the recipes include additional serving suggestions to provide more variety. Consumers looking for ideas in tofu preparation may find this book the answer.

1047-75
SOUP AND BITS OF FRENCH COOKING.
Alan Lach
Chicago: University of Chicago Press 415 p. [1974] c1973
TX719.L32 1974
Cookery, French, Cooking methods, Recipes.
Available from NAL.

1048-75
GREAT VEGETABLE MEALS.
Frances Moore Lappe, Ellen Buchman Ewald
New York, Ballantine Books 141 p. 1974.
TX740.L32 F66
Protein foods, Proteins, plant, Recipes, Vegetarian diets, Vegetarians.
Abstract: A collection of menus based on a somewhat diet is presented which emphasizes protein complementarity by combining different plant sources, or somewhat animal protein sources with plant sources, in the same meal. In each recipe the approximate number of grams of usable protein in a single portion is given, as well as the percentage of the daily protein allowance a single portion provides for the average man and the average woman. Those interested in following a vegetarian dietary pattern or in decreasing their intake of meat will find this book of interest.

1049-75
RECIPES FOR WORKING WITH MEXICAN-AMERICAN MIGRANTS. (SPA)
I B Larson
Denver, Colo. unp. 1972.
TX941.L3 F66
Cooking techniques, Diet information, Food preparation, Home, Mexican-Americans, Migrant workers, Nutrition education, Recipes.
Cooking instructions written in English and Spanish, teaching notes written in English only.
Abstract: In pictures and words, these recipes describe the proper food preparation and cooking techniques for making a variety of healthful, low-cost dishes.

1050-75
FISH COOKERY OF NORTH AMERICA.
Frances MacLaghlan
New York: Winchester Press 307 p., illus. [1975] c1974
TX747.M22 1975
Cookery, Cooking methods, Fish, Recipes.
Available from NAL.

1958-75

1959-75
FISH COOKERY OF NORTH AMERICA.
Frances MacClenahan
New York: W B Sanders 300 p., illus. [1975] c1974.
TX747.M22 1975
Cookery, Cooking methods, Fish, Recipes, Shellfish.
Available from NAL.

1952-75
HERBS AND SPICES FOR ALL SEASONING.
Anne Mackenzie
Cape Town, Nasm 340 p. illus. 1973.
TX819.H4M27
Cookery, Herbs, Seasonings.
Available from NAL.

1953-75
BAKING SOUP A SPECIALTY.
Food Serv 37 (3): 30-32. Mar 1975.
389.2538 F732
Cooking equipment (Large), Cooking methods, Food preparation, Recipes.
Extract: Many large-scale operations prepare flavorful fresh soups daily with efficient steam-jacketed kettles. Here are some reasons why you should consider this method of preparation--and some recipes from operations already using it.

1954-75
CREPES! FOR ALL OCCASIONS.
Anne Mango
Forecast Home Econ 20 (6): f61-f61, f62-f63, Feb 1975.
321.8 F752
Crepes, Pancakes, Recipes.
Abstract: Instructions for making crepes are detailed. Many recipes are supplied for fillings suitable for entrees and desserts.

1955-75
A BOUNTY OF EASTER BREADS.
Anne Mango
Forecast Home Econ 20 (7): f30-f31, f42-f44, Mar 1975.
321.8 F752
Breads, Cookery, French, Cookery, German, Cookery, Greek, Cookery, Italian, Cookery, Russian, Holiday foods.
Abstract: A history of the Easter celebration is given and holiday customs concerned with bread described for Greece, Russia, Germany, Italy, and France. Recipes are supplied for festive bread from each country.

1956-75
PLANNING AHEAD FOR OUTDOOR DINING.
Anne Mango
Forecast Home Econ 20 (8): f16-f1., f31, f31. Apr 1975.
321.8 F752
Food safety, Menu planning, Outdoor cooking, Picnics, Recipes.
Abstract: Several recipes suitable for all forms of outdoor meals are accompanied by tips on food safety measures and planning tips.

1957-75
THE SEVEN CENTURIES COOKBOOK; FROM RICHARD II TO ELIZABETH II.
Marian McKendry, Lady Arabella Boxer
New York, McGraw-Hill Book Co. 240 p., illus. [1973].
TX717.M236
Cookery, English, History.
Available from NAL.

1958-75
WEIGHT WATCHERS PROGRAM COOKBOOK.
Jean Nidetch
Great Neck, N.Y., Hearthside Press 320 p. illus. [1973].
RA222.2.N52
Therapeutic and special diets, Weight control, Weight reduction.
Available from NAL.

1959-75
BUDGET-STRETCHING MEAL RECIPES. (SPA)
Pacific Gas and Electric Company, Home Economics Department
San Francisco, Calif. 2 sheets of punch-out recipe cards. Apr 1971.
TX356.P32 PSH
Consumer education, Cost effectiveness, Food preparation, Home, Meal planning, Recipes.
Abstract: Here is a series of recipes using low-cost ingredients and stating the cost per portion of each dish.

1960-75
CANDIES, COOKIES, CAKES.
Aileen Paul, Arthur Hawkins
Garden City, N.Y., Doubleday 144 p., illus. [1974].
TX771.P375
Cakes, Candy, Children's cookbooks, Cookbooks, Cookies.
Available from NAL.

1961-75
THE HAMBURGER BOOK; ALL ABOUT HAMBURGERS AND HAMBURGER COOKERY.
Lila Perl
New York, The Seabury Press 128 p., illus. 1974.
TX749.P4 PSH
Cookery, Ground beef, Hamburgers, Instructional materials, Recipes.
Abstract: This book tells the story of hamburgers and ground meat to those ten years old and older. The author traces the history of hamburger, its spread and changing uses, and also devotes a special section to buying and storing hamburger meat. Twenty-two recipes native to various sections of the United States and foreign countries are included, each prefaced by a background note and menu suggestions. The book contains line drawings and is indexed.

1962-75
PRODUCT SAVVY; PIE AND TART SHELLS.
Institut Distrib 11 (1): 82-88. Jan 1975.
420000.1.IS
Breakfast, Desserts, Frozen foods, Main dishes, Pies, Recipes.
Abstract: Shells can be used for any meal. They give the impression of gourmet presentation. The various types of available shells are described and suggestions for fillings and serving are included.

1963-75
PUDDINGS AND CUSTARDS.
Institut Distrib 11 (3): 79-84. Mar 1975.
420000.1.IS
Convenience foods, Custard, Food preparation, History, Merchandising, Nutrients, Puddings, Recipes.
Extract: Custards and puddings provide quick, inexpensive desserts which are equally popular in commercial or institutional operations. Their versatility and adaptability to low cost, expensive-looking desserts make them an ideal suggestion of upgrading dessert menus. A table of ranges of nutrient values is included.

1964-75
RAISINS: STAR IN NEW MENU PLANNING.
Cooking for Profit 44 (295): 26-28, 30, 32. Feb 1975.
TX901.C65
Food service, Nutrients, Raisins, Recipes.
Abstract: The results of a survey on raisins are reviewed and include data on combinations, the use of raisins with various foods, and inclusion in other foods. Several recipes are supplied.

1965-75
INFORMATION IN ENGLISH AND SPANISH. (SPA)
F Beasonover
College Station, Tex. 67 p. [n.d.].
TX652.7.B4 PSH
Cooking techniques, Diet information, Food guides, Food preparation, Home, Homemaking skills, Meal planning, Nutrition education, Recipes.
Abstract: Geared primarily to Mexican-Americans in Texas, this booklet provides recipes, menus, cooking tips, housekeeping suggestions, and relevant nutrition information.

1966-75
CHEER FOR SANDWICHES!
Martha Boynton
Sch Foodserv J 29 (2): 30-34. Feb 1975.
389.8 SCH5
Caloric values, Recipes, Sandwich-making, Sandwiches, School food service.
Abstract: Recipes for 100-portion servings of sandwiches ranging from peanut butter to pizza bases are given and each is calorie counted.

1967-75
SALAD DAYS ARE YEAR-ROUND PROMOTIONS.
Food Serv Mark 37 (6): 13-18, 56. June 1975.
389.2538 F732
Commercial food service, Profit, Recipes, Salads.
Abstract: The profit potential for serving salads year-round is discussed. Recipes are supplied for hot and cold salads and serving suggestions are given.

1968-75
CREATIVE COOKING WITHOUT WHEAT, MILK AND EGGS.
Ruth P Shattuck
South Brunswick, A. S. Barnes and Co. 198 p. 1974.
RA221.A655 PSH
Allergy diets, Cookery, Food-related disorders, Recipes, Therapeutic and special diets.
Abstract: This book consists of recipes for milk, egg and wheat free dishes. It is organized into three parts: bread and desserts, fish and meats, and vegetables and soups. Many recipes contain variations to increase their use. This cookbook should be of interest to those whose own diets are restricted or to those physicians and dietitians who must counsel patients on such special diets.

1969-75
SOUP TO SALAD, PEACHES CLING TO ANY DISH.
Instit/sol Feeding 76 (8): 43. Feb 1975.
TX1.I55
Peaches, Recipes.
Abstract: The many uses of cling peaches are presented along with recipes and various methods of preparation. A table lists can size content and grades.

1970-75
COOKING CHINESE-STYLE.
Louise Stallard
New York, Drake Publishers. 192 p., illus. [1973].
TX724.5.C5S74
Cookbooks, Cookery, Chinese.
Available from NAL.

1971-75
COOKING KOREA-STYLE.
Louise Stallard
New York, Drake Publishers. 186 p. illus. [1973].
TX724.5.C65S7
Cookbooks, Cookery, Chinese.
Available from NAL.

1972-75
FAVORITE AMERICAN RECIPES; A COLLECTION OF CLASSICS FROM ALL OVER THE COUNTRY.
U.S., Food and Nutrition Service
Washington, D.C. 74 p. July 1974.
TX715.F3 #64 (U.S. Food and nutrition service FNS-109.)
Cookery, American, Recipes.
Abstract: This collection contains over 100 recipes, divided into six menu classes: soups, main dishes, vegetables, salads and salad dressings, breads, and desserts.

1973-75
COOKING FOR CROWDS.
Marie White
New York, Basic Books, Inc. 186 p. 1974.
TX821.W42 F6W
Cookery, International, Cooking equipment (Small), Desserts, Herbs, Main dishes, Recipes, Soups, Spice.
Abstract: Recipes from all over the world are supplied for groups of 8, 12, 20, and 50. Required cooking equipment, herbs and spices, and conversion tables are covered in separate sections.

1974-75
WHY MUSHROOMS ARE MUSHROOMING.
Cooking for Profit 44 (291): 40-42. Mar 1975.
TX907.C6F
Casseroles, Commercial food service, Mushrooms, Profit, Recipes.
Abstract: The current popularity and profit potential of mushrooms are discussed and modes of preparation in several restaurants. Several recipes are included.

# REFERENCE MATERIALS

1975-75
HOME ECONOMICS RESEARCH ABSTRACTS--1973: INSTITUTION ADMINISTRATION.
American Home Economics Association
Washington, D.C. 23 p. 1974.
TX165.A1A4 1973 F6W (Home Economics Research Abstracts, 1973, vol. 2)
Abstracts, Equipment, Food purchasing, Food service training, Home economics, Institutional administration, Institutional feeding, Personnel management.
Abstract: This bibliography of works covering institution administration deals with personnel and general administration, data processing, quality control of food, food purchasing and service, space and equipment, and food service education. An author index is included.

1976-75
GUIDE TO EDUCATIONAL MATERIALS.
American School Food Service Associa[illegible]
Denver, Colorado 172 p. 1975.
Z5814.F7G3 F6W
Bibliographies, Food service training, School food service.
Abstract: This bibliography, containing author and subject indexes, is directed at school food service trainers. The references were extracted from catalogs published by the Food and Nutrition Information Center.

1977-75
NUTRITIVE COMPOSITION OF PRODUCTS.
Campbell Soup Company
Camden, New Jersey 24 p. July 1974.
TX551.A2 F6W
Calculated nutrient content, Diabetic diets, Food composition tables, Minerals, Nutrient standards, Nutrients, Nutritional labeling, Recommended Dietary Allowances, Vitamins.
Abstract: This booklet contains tables covering nutritional labeling; protein, mineral, and vitamin content; recommended dietary allowances (1974); soups and other products in diabetic exchange lists. All data apply to Campbell products.

1978-75
NUTRITION BIBLIOGRAPHY ON ALCOHOL ABUSE AND ALCOHOLISM.
Adrienne Garber
Los Angeles, Los Angeles County Department of Health Servi[illegible]
Rp. p. Jan 31, 1975.
Z7171.G2 F6W
Alcohol, Alcoholism, Bibliographies, Disorders (Other), Nutritional adequacy, Nutritional deficiencies.
Abstract: Seventy-one journal articles are listed in this nutrition bibliography on alcohol abuse and alcoholism. Nutrition educators may find these articles useful as they cover a wide range of topics such as nutrient requirement and metabolism in the alcoholic, diseases related to alcoholism, the role of nutrition in the treatment of the alcoholic, patterns in early infancy in offspring of alcoholic mothers and programs available for the alcoholic. The majority of the articles were published in the 1960's and 1970's.

1979-75
A GLOSSARY OF FOODSERVICE EQUIPMENT TERMS.
Foodserv Equip Dealer p. 15-25. Dec 1974.
ED6999.A5F6 F6W
Cooking equipment (Large), Cooking equipment (Small), Equipment, Food service, Glossaries.
Abstract: This glossary helps to solve the imprecision in equipment names, which vary from one part of the world to the other.

1980-75
HOME ECONOMICS IN INSTITUTIONS GRANTING BACHELOR'S OR HIGHER DEGREES, 1972-73.
Laura Jane Harper
Washington, American Home Economics Association 8 p. 1974.
TX166.A3A3 F6W
Directories, Home economics education.
Abstract: This directory supplies data on collection coverage, enrollment, degrees in home economics, and information on graduate financial assistance. Puerto Rico is included.

1981-75
NUTRITION INFORMATION RESOURCES FOR PROFESSIONALS.
The Society for Nutrition Education
Sara L Holtzapple, Helen D Ullrich
Berkeley, Society for Nutrition Education 14 p. Jan 1975
Z5776.S6N83 F6W
Bibliographies, Guides, Nutrition, Reference materials, Resource guides, Resource materials, Resources.
Abstract: This brochure is designed to offer a quick and simple method of obtaining reliable information for either immediate reference, continuing study, working with others, or as a basis in starting a nutrition reference library. Written for the professional interested in better health through good nutrition, the material is listed in five sections: organizations to contact for nutrition information, reliable nutrition books, reliable leaflets and popular magazines, nutrition journals, and government, state, and trade publications offering the latest in nutrition facts.

1982-75
METRIC MANUAL.
J J Keller and Associates, Inc.
Neenah, Wisc. 162 p. Apr 1974.
QC91.K4 F6W
Glossaries, History, Manuals, Metric system, Planning, Standards.
Extract: The purpose of the Metric Manual is to give interested persons, whether casual observers or serious students of metrication, the background necessary to understand the full implications of conversion from our customary system of measure to the international metric system of measure. Consideration is given to measurement systems in general, the customary system of measure currently in use in the United States, the international metric system (SI), the advantages and disadvantages of conversion and the problems associated with the conversion.

1983-75
THE IFT 1975 WORLD DIRECTORY AND GUIDE.
John B Klis
Chicago, The Institute Of Food Technologists 320 p. 1975.
TP373.I5 1975 F6W
Book reviews, Consultants, Directories, Guides, Laboratories, Purchasing.
Abstract: This volume contains the membership directory, a buyer's guide, a regional guide to testing laboratories and consultants, a book review index, honor rolls, and services and organization of the Institute.

1984-75
NUTRITION AND DIET THERAPY REFERENCE DICTIONARY. 2d ed.
Rosalina T Laqua, Virginia S Claudio, Victoria F Thiele
St. Louis, The C. V. Mosby Co. 329 p. 1974.
RM219.L3 1974 F6W
Dictionaries, Dietary surveys, Reference books, Therapeutic and special diets, Vocabulary.
Abstract: This reference dictionary provides a compilation of nutritional and medical terms plus reference tools (such as lists of professional organizations and surveys of diets). First printed for use in the Philippines, the authors state: "This second edition has been redesigned for American and international use." The vocabulary of more than 3,500 terms was selected from a wide range of books and current journals in the

1085-75

fields of nutrition and medicine. There is a rather complete survey of diets formerly and/or presently used: Cheraat's; elemental; Kempner; Bevburn; and Sippy. The appendix contributes to the primary purpose of this dictionary to present "up-to-date and complete information on terms used in nutrition." The 1973 RDAs, common abbreviations on patients' charts, and a summary of the dietary management of selected disorders are described.

1086-75
CURRENT REFERENCES ON THE ROLE OF FIBER.
League for International Food Education
Washington, DC, League for International Food Education 2 p. Sept 1974.
Z7914.F3C8 FSN
Bibliographies, Consistency modifications, Fiber, Nutrition, Reference materials.
Abstract: This reference list contains a listing of eighteen materials on fiber in the diet. The information covers such topics as fiber and disease, that is cancer, diverticular disease, ischemic heart disease, and tropical malabsorption, plus the relationship of fiber to lipid metabolism and serum cholesterol. The publications listed are primarily professional nutrition journals, but newsletters, Time magazine and the Institute for Nutrition Studies are also listed. A source for obtaining each entry is given. The list could be used by professionals in nutrition as well as some adults interested in this subject.

1086-75
EDUCATION MATERIALS: A NONPRINT BIBLIOGRAPHY.
Audiovisual Instruction 20 (2): 16-19. Feb 1975.
LB1043.A8IS
Audiovisual aids, Bibliographies, Metric system.
Abstract: This bibliography supplies sources of posters, computers and calculators, films, filmstrips, multimedia kits, programmed instruction, realia, and slides.

1087-75
CONSUMER EDUCATION BIBLIOGRAPHY.
Montclair, State College, National Multimedia Center for Basic Education
Upper Montclair, New Jersey unpaged. 1971.
Z5776.N8C6 FSN
Bibliographies, Consumer education.
Extract: This bibliography includes both teacher-support and student-use texts, workbooks, classroom kits, and reference sources. It is intended that this listing will aid the adult educator in his search for practical, up-to-date material that has immediate relevancy for his clients in their daily lives.

1088-75
U.S. DEPARTMENT OF AGRICULTURE NUTRIENT DATA BANK.
Elizabeth M Murphy, Bernice K Watt, Robert L Pihek
J Assoc Official Anal Chem 57 (5): 1198-1204. Sept 1974.
381 A57
Analytical data, Analytical methods, Food analysis, Food composition, Food composition tables, Food data sources.
Abstract: The USDA is in the process of developing a national repository of food composition data - the NutrientData Bank. Impetus resulted from a renewed interest in food composition as a result of the nutrition labeling regulations. The program allows for extensive input of datafrom industry, and special standardized data forms have been prepared jointly by the USDA and the food industry.Data are to be collected covering "all kinds of foods and components of those foods having nutritional importance" andwill be available in four years.

1089-75
THE AUDIO-VISUAL EQUIPMENT DIRECTORY. 21st ed. (1975-76).
National Audio-Visual Association, Inc.
Fairfax, Va. 482 p. 1975.
LB1043.N3 1975-6 FSN
Audiovisual equipment, Directories.
Abstract: Available audiovisual equipment is listed alphabetically by proprietary name.

1090-75
AUDIO-VISUAL MATERIALS ON ALCOHOL AND ALCOHOLISM.
National Institute on Alcohol and Alcoholism
Rockville, National Clearinghouse for Alcohol Information 56 p., illus. 1974.
[7914.A5N3) FSN
Alcohol, Alcoholism, Audiovisual aids, Films, Guides, Resource guides.
Abstract: This guide was compiled to meet requests for information on films dealing with alcohol use and misuse. Each of 86 films listed is briefly annotated, sale prices, rental fees, and addresses of distributors are given, and the appropriate audience level is suggested. All films have been produced since 1960. Over 170 additional films are simply listed. Also included in this publication are brief descriptions of some available TV announcements, a listing of radio spots and scripts, and information on additional resources. Those interested in audiovisual resource material on this subject to help reach audiences from the elementary grade level through adults should find this guide helpful.

1091-75
VITAMIN-MINERAL THERAPY BOOK LOCATOR.
Harold Pallatz
Melbourne, Ideal World Pub. Co. 32 p. 1970.

1092-75
PATTERNS OF MORTALITY IN CHILDHOOD.
Ruth Rice Puffer, Carlos V Serrano
Washington, Pan American Health Organization 47 p. 1973
HB1323.C6.P4 FSN (Pan American Health Organization Scientific publication no. 262)
Breast feeding, Diarrhea, Infants (To 2 years), Mortality, Neonatal mortality, Nutritional deficiencies, Preschool children (2-5 years).
Abstract: This book contains the results of an extensive program for exploring in depth the causes of excessive mortality in infancy and early childhood in the Americas, as well as the interrelationships of multiple causes and associated factors The study encompasses fifteen projects, each project involving a different area in the Western Hemisphere. The results cover approximately 35,000 deaths. Information, in the form of tables, is given on causes of death, mortality by age group, nutritional deficiencies, infectious diseases, and congenital anomalies. Information on the chances for life of the newborn in terms of the conditions surrounding the child, such as breast feeding, medical attention, environmental conditions, socioeconomic conditions, etc. is discussed. The needs for changes in the health of the mother and child to bring down the high rate of mortality is shown, the highlights and recommendations are given in a separate chapter. The most serious health problem uncovered in the investigation was a nutritional deficiency.

1093-75
NUTRITION AND AGING; A SELECTED ANNOTATED BIBLIOGRAPHY, 1964-1972.
Margaret D Simko, Karen Colitz
U.S., Dept. of Health, Education and Welfare, Administration on Aging
Washington, GPO 42 p. May 15, 1973.
Z5776.N8S5 FSN
Aging, Bibliographies, Consumer education, Illness, Meals on Wheels, Nutritional status, Professional education, Research
Abstract: This bibliography includes materials on the following topics as they apply to the elderly: nature of aging, nutritional status, metabolic and nutritional research, illness, nutrition problems, feeding and meal delivery systems, consumer and nutrition education, and agencies and food programs for the elderly. Suitable for nutritionists, dietitians and others concerned with feeding and other programs for this segment of the population.

1094-75
BIBLIOGRAPHY FOR NUTRITION AND NUTRITION EDUCATION.
Kathleen Stitt
Sch Foodserv J 24 (5): 78-83. Sept 1970.
389.8 SC86
Bibliographies, Nutrition, Nutrition education, Nutrition knowledge.
Abstract: This bibliography contains listings for books, journals, journal articles, movies, filmstrips, slides, pamphlets and the names and addresses of other sources offering material on nutrition and nutrition education. Short descriptions are given for each listing to indicate the content of the material and often tell the specific audience for which the material was designed. The majority of the listings are dated in the 1960's. It should prove of interest as a reference for those involved in nutrition and nutrition education programs.

1095-75
RECIPES--SPANISH AND ENGLISH--I. BREAD AND CEREAL GROUP; II. FRUIT AND VEGETABLE; III. MILK GROUP; IV. MEAT G ROUP (SPA)
Texas A & M University, Agricultural Extension Service
College Station, Tex. var. pag. Oct 1965.
TX652.7.T4 FSN
Cooking techniques, Food groups, Food preparation, Home, Recipes.
Set of 4 booklets.
Abstract: These four booklets contain recipes for breads, cereal dishes, milk-based dishes, fruit and vegetable dishes, and meat dishes.

1096-75
BIBLIOGRAPHY OF NUTRITION TEACHING AIDS IN SPANISH
M T Turrent
J Home Econ 61 (8): 640-641. Oct 1969.
321.8 J82
Bibliographies, Bilingual education, Home economics education, Instructional aids, Instructional materials, Nutrition education, Spanish (Language).
Abstract: For home economists and others who work with Spanish-speaking Americans, here is a list of instructional materials in Spanish on the subjects of: food selection and preparation; basic nutrition; prenatal, infant, and child nutrition; modified diets; food practices; and food composition.

1097-75
NUTRITION WHEEL (CHART).
U.S., Agricultural Research Service
Washington, D.C. One minimeter with punchouts. May 1975.
TX364.N843 PRN AF
Ascorbic acid, Calcium, Iron, Nutrient intake, Proteins, Recommended Dietary Allowances, Riboflavin, Thiamin, Vitamin A.
With teacher's and student's guides.
Abstract: This useful device allows the individual to calculate his intake of protein, vitamins A and C, thiamin, riboflavin, calcium, and iron, and determine whether they are getting enough of these nutrients each day. An RDA table by age and sex is provided and a chart listing important nutrient sources is included. A sample of nutrition labeling is shown.

1098-75
ANNOTATED BIBLIOGRAPHY ON MATERNAL NUTRITION.
U.S., Public Health Service
Washington, D.C. 149 p. 1973.
Z6671.A1 PRN
Bibliographies, Deficiency diseases and disorders, Diabetes mellitus, Fetal growth, Iron-deficiency anemia, Pregnancy and nutrition, Socioeconomic influences, Toxemia.
Extract: This bibliography is directed to physicians, Nutritionists, and other persons concerned with applying the research findings reported in the literature on maternal nutrition.

1099-75
ANTHROPOMETRIC AND CLINICAL FINDINGS OF THE FIRST HEALTH AND NUTRITION EXAMINATION SURVEY, UNITED STATES, 1971-72.
U.S., Public Health Service, Health Resources Administration, National Center for Health Statistics
Rockville, Md. 82 p. Apr 1975.
QP458.U5A5 PRN
Adults, Anthropometric measurements, Children, Elderly (65 + years), Health appraisal, Nutrition, Nutritional deficiencies, Obesity, Surveys.
Extract: This report presents findings collected on a probability sample of the U.S. population by age, sex, race, and income level, 1971-72. Data are presented on anthropometric measurements of children 1-17 years of age, obesity in adults 20-74, and clinical signs of possible nutritional deficiency for persons 1-74.

1100-75
WHO'S WHO IN METRIC--A SELECTED LISTING.
Audiovisual Instruction 20 (2): 11. Feb 1975.
LB1744.A619
Metric system, Organizations, Resource guides.
Abstract: Several sources of metrication information are supplied along with organization functions and objectives.

1101-75
WHOLE FOODSERVICE CATALOG.
Food Management 10 (6): 35-45. June 1975.
TX341.F69
Catalogs, Directories, Food service, Nutrition, Reference materials.
Abstract: This is a ten-page collection of miscellaneous facts on various foods, the preparation and service, preservation, grading, and labeling of foods, a listing of food service directors, sources of educational materials and much more.

# PURCHASING, RECEIVING AND STORAGE

1102-75
TODDLIN' DOWN DIPSY OVER TATERS.
Lola Harlan
Sch Foodserv J 29 (1): 62-64. Jan 1975.
389.8 SC96
Chicago, Food cost, Food handling, Food storage, Potatoes, Processed foods, Type A lunch.
Extract: More than 250,000 students in 567 Chicago schools enjoy a Type A lunch every day. In operating a school foodservice program of this magnitude, efficiency foods play an important role. Probably the most popular vegetable served with the Type A pattern is the potato. Dehydrated potato flakes and granules are among the most successful processed foods on the market today. Their popularity is largely due to public acceptability and great menu adaptability. Handling in terms of storing and peeling and in cutting costs in terms of labor and waste all make processed potatoes a good buy.

1103-75
QUANTITY FOOD PURCHASING GUIDE. Rev. ed.
Francis M Reau, Jule Wilkinson
Boston, Cahners Book. 92 p. 1974.
TX911.3.P48A 1974 PRN
Food purchasing, Guides, Institutional feeding.
Abstract: The guide is based on a universal consumption multiplier which allows quick and reliable estimates of supplies needed for mass feeding. Instructions for using the method are supplied and examples given. Common can sizes listed (with substitutions tables) as are food weights of various scoops.

1104-75
FOOD PURCHASING PATTERN OF MIGRANT AGRICULTURAL FAMILIES.
Christine M Bruhn
J Consumer Aff 5 (1): 41-55. Summer 1971.
HC110.C6J6
Consumer economics, Food purchasing, Migrant workers.
Abstract: A study of 91 migrant agricultural families in Northern California was done in 1969 to obtain information concerning their food purchasing behavior. Information as to where the families did their shopping, who did the shopping, how often the shopping took place, and the comparative prices at the different stores available to the families shopping is given. Sixty-five of the families were of Mexican descent, and 26 of the families interviewed were Anglo. In some cases language difficulties were encountered when the family went shopping at food stores. The information should be important to all nutritionists working in areas where migrant farm workers shop.

1105-75
DEVELOPING A SOUND FOOD PURCHASING PLAN.
Type A Topics 4 p. Mar 1974.
TX341.T9 PRN
Food cost, Food purchasing, Food specifications, School food service.
Extract: Planning food purchases has never been so important as it is with today's increased food prices. Most commercial food service establishments can pass these costs on to their customers. But in school food service, the food service manager must use ingenuity to meet these costs, while at the same time maintaining the quality of the Type A meal.

1106-75
EXAMPLE OF A TREND: FOOD PURCHASING PROGRAM, CHICAGO HOSPITAL COUNCIL.
J Am Diet Assoc 66 (2): 162-165. Feb 1975.
389.8 AM34
Cooperative purchasing, Food purchasing, Hospital food service.
Abstract: A cooperative food purchasing program in Chicago is described in terms of dollar savings and participation; the buying of convenience foods is covered. The program is discussed as part of a nation-wide movement to group buying and prospects for the future of the program are discussed.

1107-75
MEETING PROFITS WITH SEAFOOD.
Janice Garr
Fast Food 72 (4): 123-128. Apr 1973.
389.2538 F82
Cooking methods, Fish, Food handling, Food preparation, Food storage, Fresh foods, Processed foods, Seafood
Abstract: The handling, storage, and preparation of fresh and processed fish and seafood is discussed. Cooking guidelines are supplied and menus suggested.

1108-75
CHECK YOUR MEAT GRADES.
Janice Garr
Restaurant Bus 74 (2): 109-116. Feb 1975.
389.2536 R82
Beef, Food cost, Food grades, Food supply, Lamb, Meat, Pork, Prediction.
Abstract: Meats will be in plentiful supply in 1975. Changes in grading are listed and defined. Suggestions for storage, preparation, and serving are supplied. Tips are given for selecting the best cuts.

1109-75
FOOD WASTE BEHAVIOR IN AN URBAN POPULATION.
Gail G Harrison, William L Rathje, Wilson W Hughes
J Nutr Educ 7 (1): 13-16. Jan/Mar 1975.
TX341.J6
Dietary study methods, Food preparation waste, Food storage losses, Food waste, Food waste measures, Plate waste.
Abstract: This study presents data collected on household refuse in Tucson, Arizona. Advantages of this study as a supplement to traditional methods of data collection on patterns of food utilization are outlined. Methodology used is explained and results are discussed. In a sample of about 300 households studied over periods of months in 1973 and 1974, the average household wasted between $90 and $120 worth of food per year (excluding food waste which was poured down the drain, ground up in garbage disposals, fed to household pets, composted, or disposed of other than in the garbage can). Changes in food utilization and waste patterns from 1973 to 1974 are noted. The data accumulated to date indicates that food waste is a significant factor in food resource utilization and should be seriously considered by nutrition planners and educators.

1110-75
FOOD PURCHASING PROCEDURES OF SMALL FOODSERVICE OPERATORS.
Mary F Kraeckeberg, John J Freshwater
Indiana, State University, Bureau of Business Research
Terre Haute, Indiana. 61 p. Dec 1974.
HD9320.K7 PRN (Indiana State Univ., Bureau of Business Resea-

1111-75

rca Management Information Bulletin no. 5)
Commercial food service, Employee responsibility, Food cost, Food purchasing, Food service industry, Inventories, Profit, Wholesaling.
Extract: The research presented in this report was conducted in an effort to describe and analyze purchasing procedures of small foodservice operators. Hopefully, as a result, growth and survival will be more assured through the recommended improvements in purchasing procedures suggested at the end of each of the sections. This project involved an analysis of 60 United States foodservice operators. Fifty-two operators were fullservice restaurants.

1111-75
LET'S GET ORGANIZED (KIT).
Tupperware Educational Services Program
Orlando, Tupperware Home Parties. Kit, filmstrip, record, leaflets, notebook, plastic samples. 1972.
TX335.L4 F&N AV
Food purchasing, Food storage, Menu planning, Secondary education, Storage.
Abstract: The materials in this kit, designed primarily for use with "future homemakers", emphasize proper storage as part of a logical sequence in the use and care of food. Included are a filmstrip with illustrated script and record which outlines planning, buying, storage and preparing of food to save time, money and energy; two wall charts illustrating planning in food preparation and storage, and the non-organized refrigerator, (both designed to be self-contained visual aids); a teacher reference booklet containing background information, highlights of the filmstrip, and a listing of additional resource material; a recipe book emphasizing picnic, party and snack foods; and a student reference guide. The teacher's guide suggests individual and group activities to supplement these materials.

1112-75
SERVICES OF INSTITUTIONAL WHOLESALE GROCERS; OPINIONS OF FOOD-SERVICE OPERATORS.
U.S., Agricultural Marketing Service
Washington, D.C. 75 p. Dec 1962.
HD9320.5A F&N (U.S. Agricultural Marketing Service. Marketing research report no. 571)
Consumer economics, Food cost, Food service industry, Institutional feeding, Marketing, Research, Wholesaling.
Extract: This study of food-service operators' appraisal of possible modifications in the operating procedures of institutional grocery wholesaling is part of a broad program of research aimed at reducing costs and increasing efficiency of food wholesaling and retailing.

1113-75
DETERMINING COSTS OF SERVICING WHOLESALE INSTITUTIONAL GROCERY ORDERS.
U.S., Agricultural Research Service
Washington, D.C. 19 p. Oct 1966.
HD9320.D4 F&N (U.S. Agricultural Research Service. Marketing Research report no. 752.)
Economics, Food cost, Food purchasing, Institutional feeding, Profit, Sales volume.
Extract: Servicing small grocery orders is expensive and sometimes unprofitable for the institutional food wholesaler, this study was made to develop a method of determining costs of servicing various sizes of orders, so that the servicing cost can be related to the selling price of the order. In considering all the factors that make up servicing costs, order selection and delivery were two costs that vary with the size of the order.

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